

OUR SURROUNDINGS

Part-2

Textbook of Environmental
Studies for Class 4



For Free Distribution in All Government Schools



Rajasthan State Council of Educational
Research and Training, Udaipur



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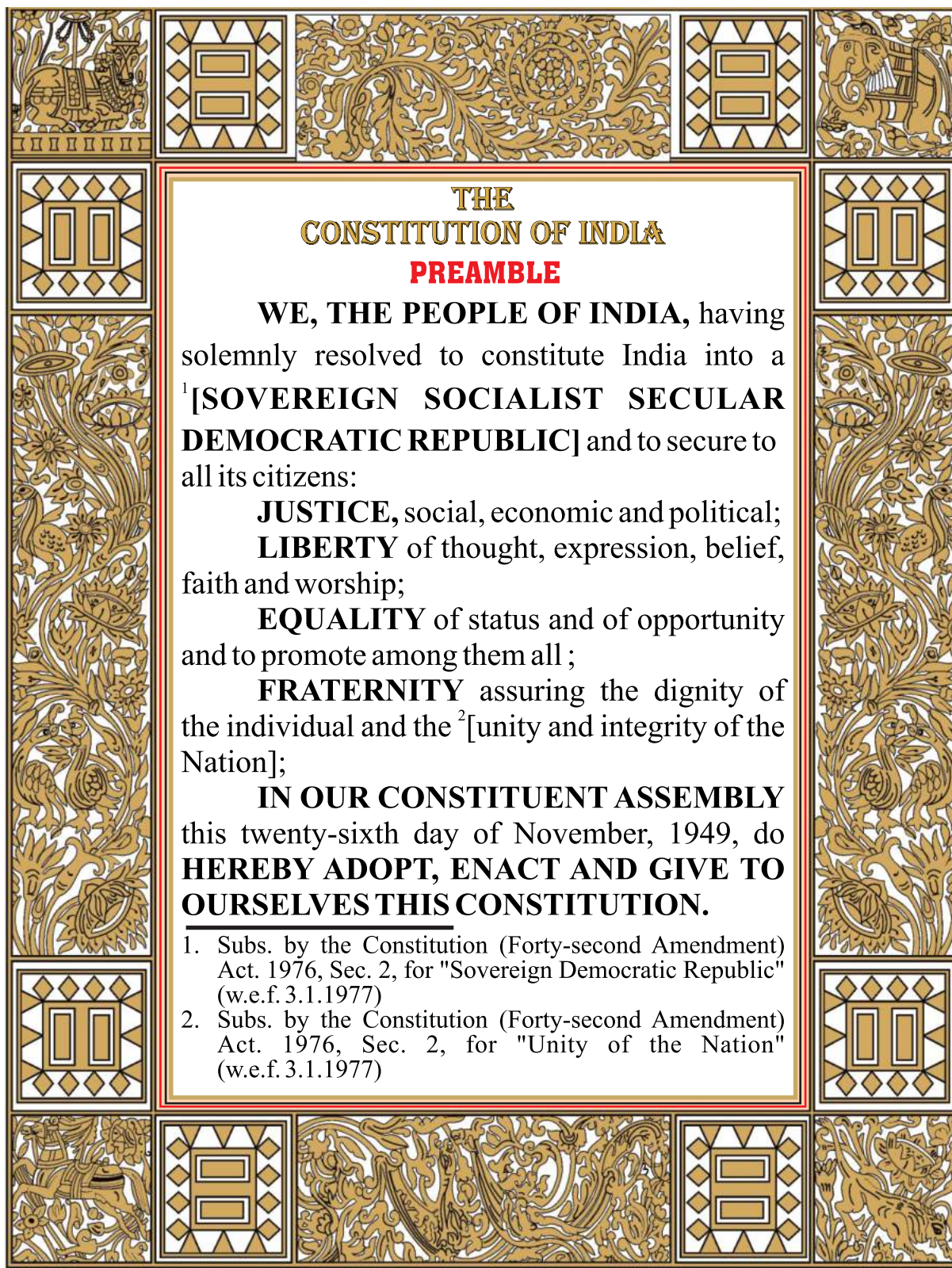
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several sources and we express our gratitude to all of them.**



FOREWORD

The preliminary stage of education for children (ages 6 to 11) is the most important. It is the time when they begin to explore, understand and learn about the world around them. The National Education Policy 2020 (NEP-2020) adopts this idea and emphasizes on making education interesting, enjoyable and experiential. This education policy recommends comprehensive reforms and the adoption of innovative approaches in the Indian Education System. The basic objective of this policy is to empower students with creativity, logical reasoning and practical skills to face the challenges of the 21st century. Under this, special emphasis has been laid on making education more inclusive, holistic and skill-based.

Keeping these objectives in mind, the Rajasthan State Council of Educational Research and Training, Udaipur, has developed textbooks for primary classes. To ensure the all-round and holistic development of children, these textbooks integrate Indian knowledge traditions, 21st-century skills, social-emotional skills, arts and physical education. These textbooks not only encourage logical thinking, clear conceptual understanding, and creativity, but also strengthens the tendencies of inclusion, cultural unity and harmony.

The textbooks include effective, interesting and creative activities appropriate to the class level, along with interesting stories, poems and content from other genres, so that children can learn in an easy and enjoyable manner. There are also Suggestions for teachers at various places so that they can help children learn more effectively.

In this important journey of textbook development, the contribution of selected teachers from the State, experts at the State and National Levels and Voluntary Organizations has been significant. Without their cooperation, suggestions and impartial perspective, it would not have been possible to carry out this work effectively. We express our heartfelt gratitude to all stakeholders for their unprecedented contribution. Special thanks to all the esteemed Members of the Curriculum Review Committee, whose invaluable suggestions have guided the enhancement of this textbook.

The newly developed textbook is expected to make the learning-teaching process in the classroom smooth, enjoyable and excellent, and this will only be possible with the active cooperation of teachers. The role of teachers is not only limited to impart knowledge; they are also guides who inspire students to learn actively, they should adopt child-centered teaching methodology, while using this textbook allowing students to learn according to their interests and abilities. Additionally, they should pay special attention to promoting 21st-century skills, encouraging social-emotional development and effectively incorporating the values of Indian knowledge traditions into classroom teaching.

This book is in your hands. Millions of children in the state are eagerly looking upto you for learning. With our combined efforts, we are confident that they will certainly achieve their learning goals. Your thoughts and suggestions for improving the quality of the book (To enhance children's learning capacity) are always welcome.

Director

Rajasthan State Council of Educational Research
and Training, Udaipur

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Lesson - 1

Grandmother's Health Treasure



Exciting Conversation in the Millet Field -

(A beautiful view of a farm with a gentle breeze blowing and farmers are working in the swaying millet fields. Some women are sorting grains in different groups, children are playing and birds are hovering over the fields. Vijay and Jaya are walking in the field with their grandmother.)

Grandmother : (holding millet grains on her palm)
"Come children, just look at these small grains are very light and nutritious. These are our traditional coarse grains which are very beneficial for health."



Jaya : (with surprise) "Grandmother, these are so small! Then why are they called coarse grains?"

Grandmother : "Absolutely! Millet, sorghum, finger millet, barnyard millet, kodo millet and maize have grains which are thicker than wheat and rice."





Vijay : (smiling) "Can these grains make us super heroes?"

Grandmother : (laughing) "These grains are coarse, they are light weight and they provide us with a lot of strength and energy, keep us cool in the summer, and warm in the winter."

Jaya : "Grandmother, people still eat more rice and wheat, but there is being discussed again about coarse grains, why is that?"

Grandmother : "Very good question! Coarse grains are environment friendly, grow with less water, and also good for our health. Farmers are promoting them again. The government has started the Shri Ann Yojana for it."

Vijay : "Then, we should also include these grains in our food."

Grandmother : "Absolutely! If we include coarse grains to our meal, our health will be good and our farmers will also be happy."

(The children nod happily and begin to understand the importance of coarse grains while playing in the field.)

Discuss :

- ▶ Have you seen grains in the field?
- ▶ Find out which coarse grains are cultivated in your village/town or nearby. Do you recognize their plants?
- ▶ Find out the benefits of the coarse grains from your elders. If it is consumed in your house share it in the class.

(Everyone is in the kitchen in the evening.)

Grandmother : Today we will make millet chapati. Before that, we will knead the millet flour.

Vijay : (being mischievous) Grandmother, should the chapati be

round or long like mine?

Grandmother : (smiling) Round, crooked, whatever you make the taste will be such that you will keep eating.

Jaya : (touching the flour)

Grandmother, why does this flour feel different from wheat flour?
Why are you kneading it little by little?

Grandmother : Because millet flour is less smooth than wheat.

Jaya: (After tasting a bite of chapati) Grandmother, millet chapati is very delicious!

Vijay : (Eating it with jaggery) Wow! Hmm! This tastes like a sweet!

Grandmother : (lovingly) This is the magic of coarse grains. They are tasty as well as healthy.' It is like a treasure of health that anyone can unlock and take away.





Jaya : (thinking) Grandmother, why do people eat less coarse grains?

Grandmother : (seriously) Because people now prefer to eat only wheat and rice. However, for good health, we should include coarse grains in our diet.

Discuss :

- ▶ What dishes are made from coarse grains at your home?
- ▶ Can you tell about any other coarse grains besides millet? What dishes can be made from corn, ragi, barley?
- ▶ Ask the elders in your family and write down the recipes for making dishes from these grains.

Vijay : Grandmother, we will eat coarse grains every day from now.

Jaya : We will also tell our friends how essential these coarse grains are.

Grandmother : Wow, my little farmers, this is what I want. Remember, our grains are a treasure of health.

Activity -

Sangeeta and Meeta were playing in free time.

Sangeeta : I will make the rules of the game.

Meeta : You made it last time; today I will make.

Sangeeta : Okay, tell me.

Meeta : One friend will name a category (like a class, group or type of object. Then, one by one, you have to name an item that falls within that category. When someone gets stuck, they lose one point



and it's the next person's turn. For example, if I say bird, you will say a bird's name, then the next person will say a bird's name, and so on, until someone gets stuck.

Sangeeta : Okay, let's start. We will play the game, until we get 5 points.

In this way, they started playing. Birds, vegetables, fruits, noble persons, wild animals, pet animals.

Discuss-

- ▶ Do you make your own rules while playing?
- ▶ Come, let's make class rules today, write them on a chart and hang in the class.

What dishes are prepared at your homes from the following grains?

1. Pearl Millet	
2. Corn	
3. Finger Millet	
4. Sorghum	

Identify-

1. Name the coarse grain plants shown in the picture-

1.
2.
3.





- ## Practice Work

➤ Choose the correct answer-

- **Fill in the blanks -**

-

- 
3. Grandma served millet chapati with.....
(jaggery / salt)
 4. is made from Coarse grains. (bread / salad)
 5. Watering the plants, keeps them.....
(fading/ growing)
 6. We should wash our.....before and after eating food.
(hands / clothes)

➤ **Write True or False -**

1. Kites are flown on Deepawali. ()
2. Trees and plants provide us oxygen. ()
3. It is good to keep birds in cages. ()
4. We should eat food according to the season. ()

➤ **Answer the following questions in two to three sentences-**

1. What are the coarse grains? Write their names.
2. Why did grandmother make millet chapati?
3. What are the benefits of eating coarse grains?

➤ **Give reasons -**

1. Why do people eat less coarse grains nowadays?
2. How are coarse grains beneficial for health?

➤ **Do it yourself -**

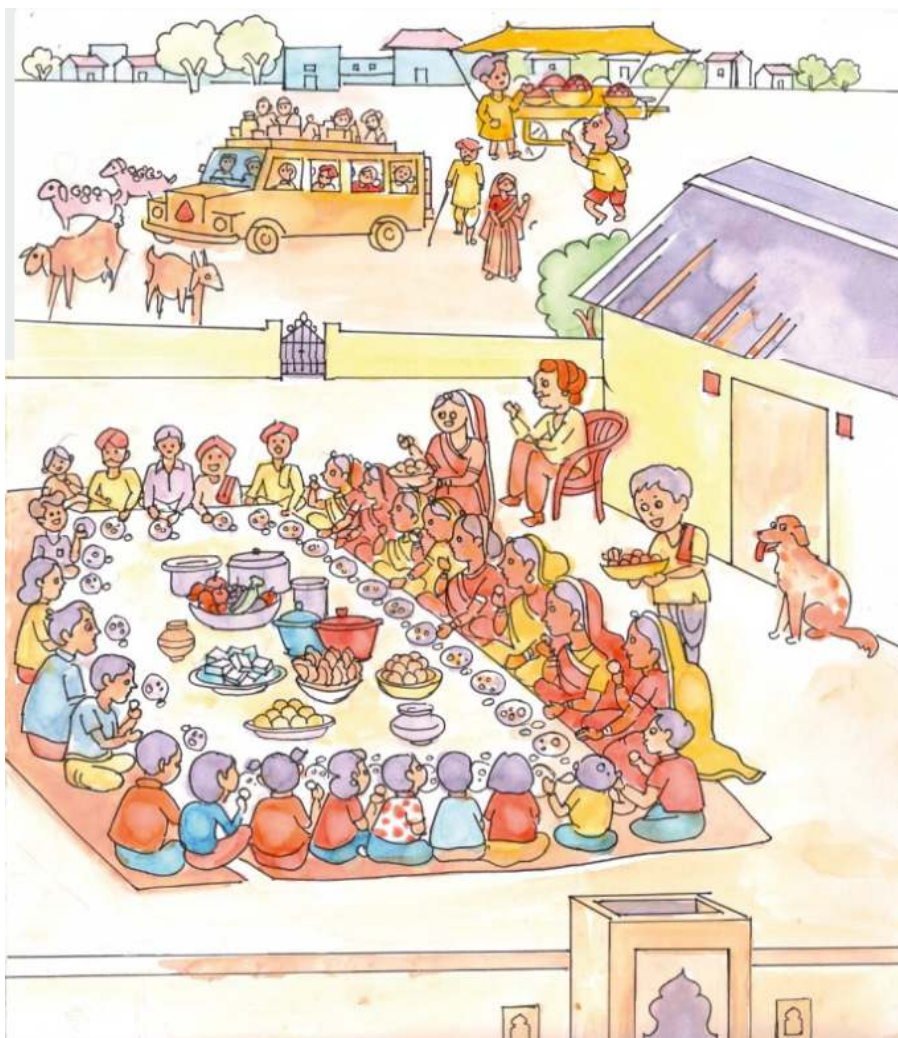
1. Bring a handful of any two coarse grains eaten in your home and show them to your friends and tell them about the dishes made from coarse grains.

Lesson - 2

Journey to the Village



Nishant and his family were sitting together for dinner today. Uncle invited everyone for dinner in a family gathering. The children were looking at each other in surprise. No one could understand anything. As soon as the meal began, Uncle spoke in a thunderous voice. Since they had not sat together for many days, he called everyone to inquire about their well-being. Nishant had a uncle, two paternal uncles and two aunts (buas) they all had 14 children. There were 26 people living together in their family.



All the brothers had different professions. They shared about



their work and the children talked about their studies. The daughters-in-law discussed the household needs and preparations for the upcoming festival of Akshaya Tritiya.

It came up in the discussion that this time they will celebrate the Akshaya Tritiya festival with Uncle's younger brother, Magniram, who is the village Sarpanch. Initially, the children were not happy. The village has fewer facilities. There is no electricity, some houses are made of mud, and people live in huts, fetching water from far away. Nishant and his siblings were reluctant to go to the village because they felt there would be nothing special to see there. Uncle explained all the children, that nowadays there has been sufficient development even in villages. Everyone agreed to uncle's words.

Nishant's family was preparing to go to their village for the festival. One by one, everyone's bags were packed. The children's curiosity increased when their parents talked about the changing conditions and development of the village.

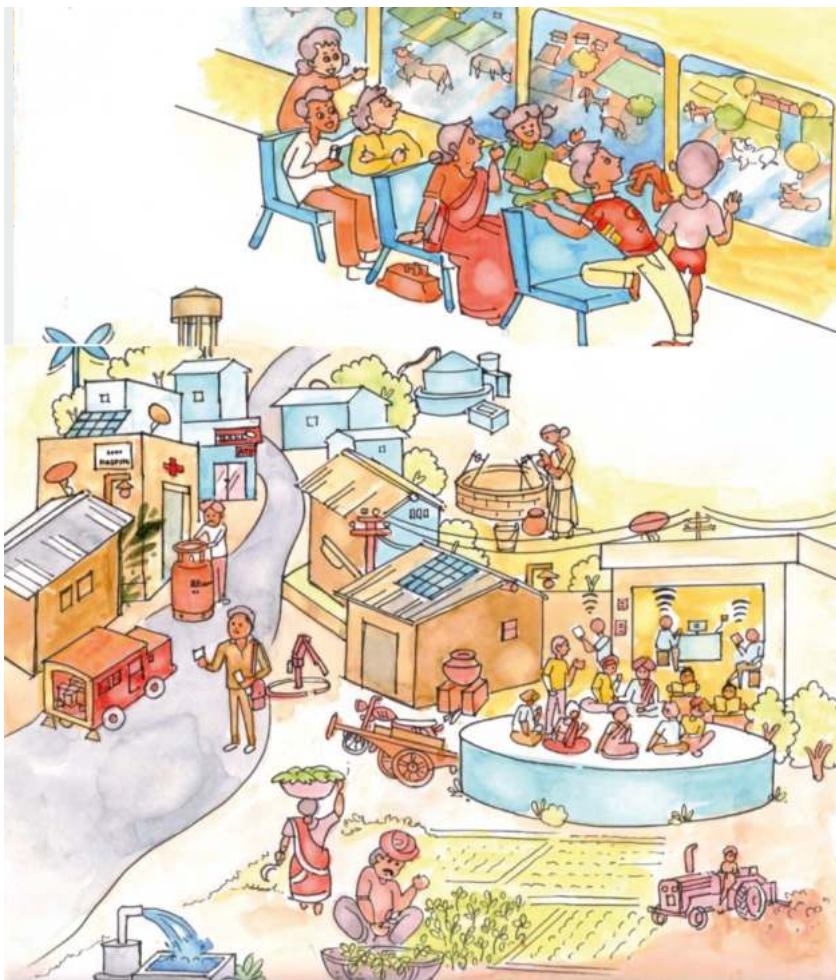
Journey to the village -

The next day, the whole family boarded the bus heading towards the village. It was the first time the children were travelling in a bus going to the village. Initially, the children were scared due to the swing in the bus, but gradually they began to enjoy it. Seeing the greenery, fields, cow and buffaloes along the way was a completely new experience for them. The bus would stop every 3-4 kilometers, passengers would get on and off, and sometimes goats and sheep would be boarded as well.

When the children arrived at the village, they were completely



amazed. The roads were paved and solar lights lined the streets. Solar panels were installed on the roofs of the houses. Water tanks were also built in every locality of the village. Taps were installed in the houses. LPG gas reached every house and stopped smoke coming out of the houses. Farmers had also started practicing organic farming. Moreover, there was a small library with



internet access at the village chouraha. The sound of cows mooing could be heard from the every house courtyard. In the village, people engaged in sewing clothes, weaving, painting, shoemaking, jewellery making, and pottery lived together harmoniously.

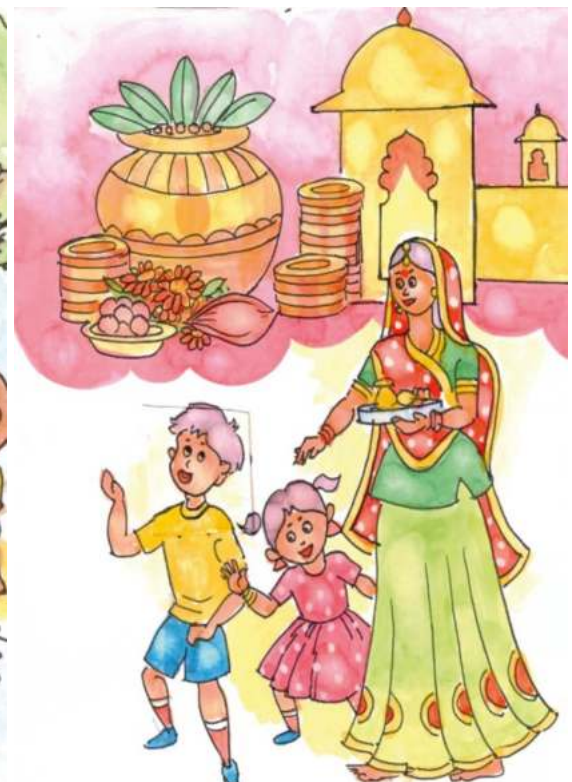
Nishant's grandfather promised to take the children around the village. As soon as they woke up in the morning, they went to the fields where rice, wheat crops and vegetables were swaying. The children saw that the farmers were farming with tractors and machines. Ducks and fish were swimming in the village pond. The children admired the colorful birds sitting on the trees and listened

to their chirping. Everyone felt happy.

The Interesting World of Trees, Birds, and Traditions-

How can you identify the trees and plants around you? Can you recognize them by their sounds? Have you ever wondered why birds have different types of beaks?

That day, the festival of Akshaya Tritiya was being celebrated in the village. People were dressed in traditional attire and going to the temple. Women made garlands of flowers and children sang folk songs. Everyone together visited relatives house and were served Khich, Raab, Dahi-Bade and Sangri. Lots of ghee was poured on food too. Everyone ate together and the routine of visiting other relatives continued. Nishant and his siblings heard the story of



Piplantri village in Rajsamand from the elders of the village, where 111 trees are planted on the birth of a girl child.

Exercise - 1

A list of five model villages is given below. They have developed through self-motivation. Find out the development story of any other village and display it in the classroom through pictures. With the help of the teacher, you can also learn about the stories of other villages too.

Pipalantri– Rajasthan	Tree Plantation: Plantation of 111 trees upon the birth of a girl child. Water Conservation: Construction of ponds and wells.
Ralegan Siddhi – Maharashtra	Prohibition of Alcohol: Complete prohibition of alcohol was implemented in the village. Efforts were made for tree plantation and environmental protection.
Pongalia – Karnataka	Renewable Energy: Increased use of solar energy. Formation of women's self-help groups.
Dharmapur– Gujarat	Health Services: Establishment of a primary health center in the village. Construction of schools for quality education.
Modha - Madhya Pradesh	Water Conservation: Construction of dams and ponds. Agricultural Development: Use of advanced seeds and techniques.

Exercise - 2

In the village school, the children saw that there was a digital classroom and a library. The teacher told them that all the children in the village are good at both studies and sports. Children helped out with work at home and in the fields. They also saw a "credibility shop" in the school where



there was no shopkeeper. People used to take goods according to their needs and put the payment honestly.

What modern facilities are there in your school?

Nishant and his family experienced that the village is now not just a place but an inspiration. They thought that next time they would come to the village with their friends.

Practice Work

➤ Fill in the blanks-

1. All the family members together were planning to celebrate the festival of.....
2. During the bus journey, the children were thrilled to



see....., and.....

3. lights were installed along the village roads.
4. People living in the village do different jobs, such as and
5. Birds can be identified by their..... and
6.are planted on the birth of girl child in Piplantri village.
7. Creatures like and live in the pond.

➤ **Tell the statements whether true and false -**

1. The children were very excited to go to the village. ()
2. There is no electricity and water facility in the village. ()
3. The creatures living in the pond include fish and turtles.()

➤ **Do it yourself -**

1. Interview activity-

- Ask your parents or grandparents how the village was in their childhood and what changes have occurred now?.
- Ask your friends of school and neighbourhood if they have ever seen a village or not? Write about their experience.

2. Comparative study -

- Compare the village and the city life.
- Study the old and the modern facilities available in the village.
- Make a list of various professions available in your area.

3. Act out the roles of a farmer, carpenter, tailor, goldsmith, and bus driver, showcasing their work.





4. Environmental activity -

- Identify the trees, plants and birds around you and write their names and characteristics.
- Create a poster on the "Beti Bachao" initiative of Piplaantari village.
- Make a collage on environmental protection.

➤ Think and write your answers -

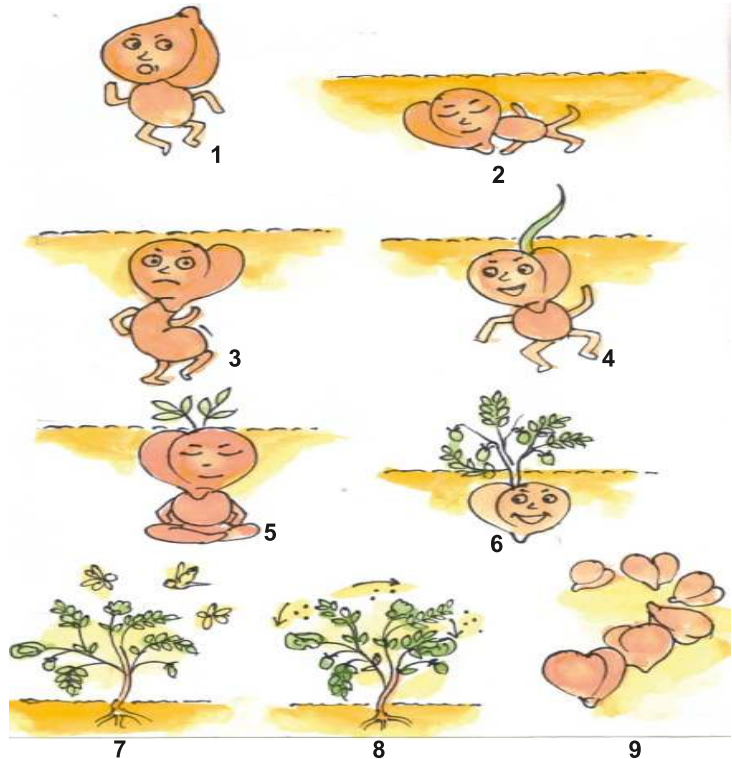
1. Can you create a development plan for your village? What can be included in it?
2. Is there a gathering in your family where everyone comes together to make some decisions? Write about it.
3. Why did the children refuse to go to the village for the first time? Share your thoughts.
4. What are the environmental benefits of the presence of fish in a pond?
5. What will be the impact on the environment and society if the number of trees decreases in the village?
6. Which modern facilities in the village were new to the children?
7. What effects will there be on education and employment if there is no internet in the village?
8. Write the story of a person from your area who has brought about change in society through hard work and dedication.

Lesson - 3

The Story of the Seed



There was a tiny seed,
sleeping in the soil,
Water came, the sun shone,
woke up with joy.
Little roots emerged, the stem
grew tall,
Green leaves, I was happy,
oh so tall.
Flowers bloomed, fruits
ripened, sweet and special,
New seeds fell down,
embarking on a new quest.



Children, do you know how from the small grass plants to the big mango and banyan trees around us grow? Think.....

Can a tiny seed transform into such a big tree? Come, let's understand the story of a seed.

Once a seed thought, "Can I also become such a big tree?"

But how? One day someone buried me in a pit. I looked around, and all I saw was soil. Would you like to know what happened to me next?

Come, let me tell you. It was pitch dark inside the soil, but there

was one good thing about the soil particles. There was air and water among them, so I found some comfort. I slowly began to drink the water that had gathered between the soil particles. Can you guess what would have happened to me next?



You might laugh after listening to me. My stomach had swelled up due to water and it kept on swelling. It kept on swelling and then..... it burst. My breathing was fast. I felt that my skin had burst and it was still swelling. I felt that a tiny hair-like white structure had started to come out of me which was increasing day by day. What do you call this phenomenon of sprouting? Ask your teacher.

Discuss-

- ▶ What would have happened if the gram seed was not buried in the pit?
- ▶ Can roasted gram be sprouted? Discuss the reason.
you should do an experiment to know it.

Experiment - Take some cotton and put some gram seeds in it. Now put them in a clay lamp, add water and keep it in a safe place. Keep in mind that the cotton should remain completely wet. Now write the changes in the seeds every day in your answer sheet. You will be able to see the story told by me directly.



Experiment and see -

When a small hair-like structure starts coming out of the gram seeds, then understand that the seeds have germinated.

Material - A clay lamp, cotton, gram seed and water. 1. Place gram seeds in cotton and put it in the lamp. 2. Now put water on the cotton and soak it. 3. Note the changes occurring in gram seeds. 4. Put water on the cotton and keep it wet. 5. Look after a few days and observe.	What did you see?..... What did you learn?..... Write it in your answer sheet.....
---	---

Let's move ahead. After a few days, one of those structures started moving downwards towards the earth and another structure upwards towards the sky. Just find out what these structures are called?

Development of the root system- Do you know what happened next? That tiny white structure was growing towards the ground. It was moving downwards making its way through the soil particles. At the same time, many similar structures were emerging from beside it and growing between the soil particles. These structures were growing rapidly drawing water, air and nutrients among the soil particles. In a few days, a web-like structure was formed inside the





ground which held the soil tightly. Now I had become a plant. You call this web of structures emerging from me as the root system.

This root system is very useful for me. You know, it is because of this that I am able to stand upright. It is because of this root system that I am able to absorb water, air and nutrients from the soil. If this is not there, it would be difficult for me to survive.

You know that *Cuscuta reflexa* (Amarbel) is a plant which has no roots. It survives by sucking the juice of other trees and plants.

Discuss-

- ▶ What will happen if the roots of a plant are cut and why?
- ▶ How do trees like Khejari and Ker survive in the desert without water?
- ▶ Are the roots of all plants the same?

Development of shoot system- Along with the development of the root system, a small bud comes out of me and starts growing upwards. Getting nutrients from the seed, it grows and comes out of the ground into the sunlight. I am very happy to get sunlight. I am filled with new enthusiasm after getting the energy of the sun. Now small leaves have started coming out of that bud which have turned green in the sunlight. You know that these green leaves are my kitchen. My food is made from them which is sent to every part of my body.

Do experiment and see -

Plant your germinated seeds in a pot or in the garden.

- Measure its height every week and see how it is changing
Observe your plant daily and write down the changes taking place in it by drawing a picture in the table given below.

Date of Observation	Changes you notice	Picture

In this way, by getting food, I gradually grow bigger. With time, many changes come in me. You will be able to see these changes in me directly through the experiment given above.

Discuss -

- ▶ How big have the leaves of your plant grown?
- ▶ Has the colour of the stem changed?
- ▶ What will happen if you don't water the plant?
- ▶ Where is the stem in a carrot and a radish?



- Does the stem always grow above the ground?

Flowers and pollination -

Now I have slowly become a big plant. With time many changes are taking place in me, such as my stem has become thicker and darker in colour.

Many branches start growing on my stem, many new leaves start appearing on them and their size increases.

Do you remember? You studied the chapter 'The World of Trees and Plants' in Class 3 and wrote down the changes that took place in it. Do the same here as well.

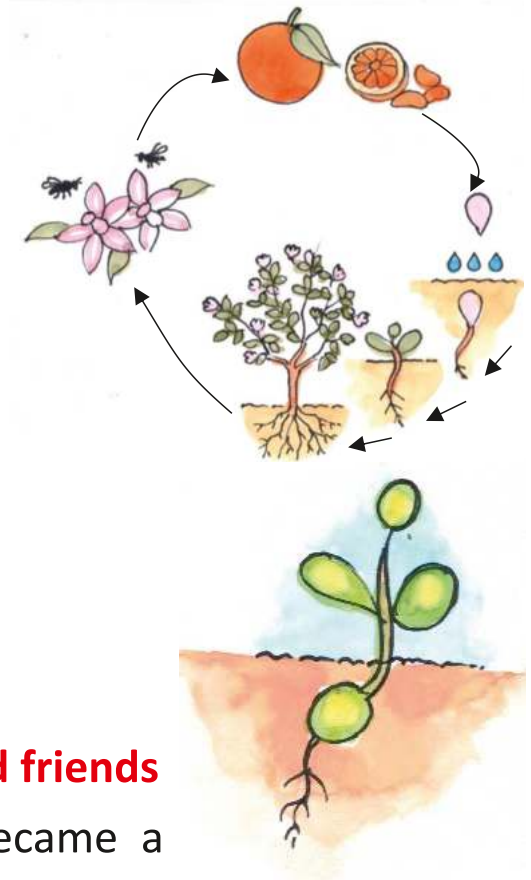
Flowers and pollination - when seeds find friends

You know, when I grew up and became a plant, a lot of flowers started blooming on me. The bright colour, nectar and special smell of these flowers attract many insects, like bees, bumblebees, butterflies etc. These insects are drawn towards me. When they sit on my flowers, they do a very important task for me which you call pollination.

You know, my life will be a failure without them and it might cause you trouble too.

Discuss-

- Why did the plant say that without pollination its life would be a failure?



- 
- If insects and animals are not attracted to flowers, what impact would it have on our lives?

Observe a flowering plant near you and note which insects or animals you see on it. Write your observation in the following table :

Name of plant	Which creatures were seen?	What were the creatures doing on this plant?

Fruit and Seed; A Seed Becomes a Big Tree

Now, when my flowers get pollinated, they gradually start changing and in a few days they completely turn into fruit. This fruit then ripens over some time. Insects and animals are attracted to these ripe fruits for eating. You often eat all the fruits but leave the seeds, which are also called 'guthali'.

Then this seed or guthali falls on to the soil, and my story begins again."

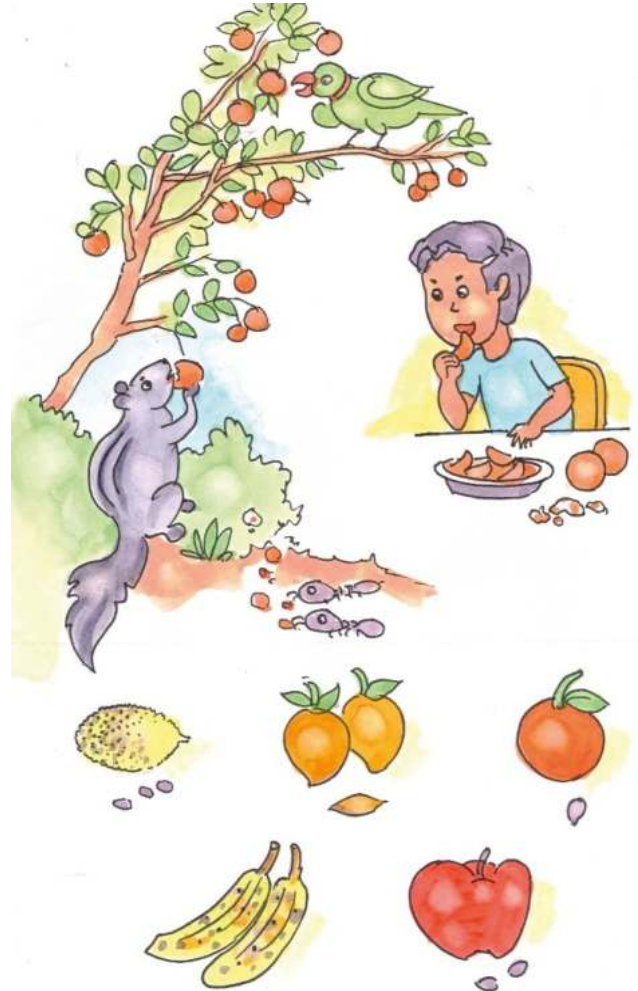
Discussion -

- Why are there seeds inside fruits?
- Are all seeds alike?

- Will the life journey of all plants end without seeds?

Do and Understand -

- Take out the seeds of different fruits (mango, tomato, orange, watermelon).
- Calculate which fruit has the most seeds?
- Which fruit has big seeds and which one has small seeds?



Seed Dispersal -

Children! Have you ever thought about how seeds reach from one place to another? Let's understand this by doing an activity together. Now, find out how seeds from different plants reach from one place to another and write your observations in the table given below.

Plants whose seeds are spread by wind	Plants whose seeds are spread by animals

Experiment and observe -

- Take a seed of Milkwood (Aak tree) and try flying it in the air.
- Think about how birds spread seeds here and there.



The seeds of Aak change their place with the wind.



Banyan seeds reach different places with the help of birds.

Different types of seeds	How to reach from one place to another?	Different types of seeds	How to reach from one place to another?
 Dandelion		 Gokhru	
 Bhurat		 Aak	

Now you must have understood how a small seed becomes a big tree. Next time when you see a tree, think that it too must have been a small seed once.



Discuss -

- ▶ What will happen if seeds are not spread?
- ▶ What is the importance of dispersion of seeds in nature?

Practice Work

➤ Mark true or false -

1. Seeds need sunlight. ()
2. There are seeds inside the fruit. ()
3. Butterflies and bees help in the pollination process of flowers. ()
4. All seeds can fly in the wind. ()
5. All plants grow with the help of sunlight. ()

➤ Complete the story -

"One day, I saw a small seed that fell on the ground. Slowly, it....." (You write the story further from your imagination.)

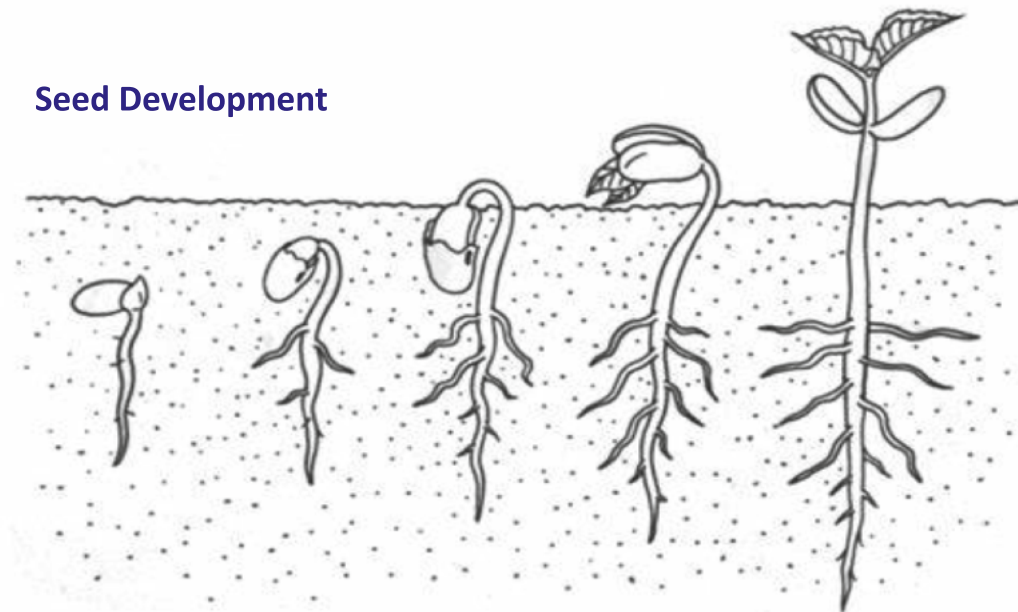
➤ Do it yourself - "Grow your own plant"

1. Every child should sow a seed and make a small report card on the growth of the plant, such as – In how many days did it take for the sprout to emerg? When and how many leaves appeared? etc.
2. Draw a diagram of “the process of growth of a tree from a seed” and show the seed, root, stem, leaf, flower and fruit in the correct order.

➤ **Answer in two to three sentences -**

1. Which substances are required for a seed to grow into a plant?
2. What is the process of transformation of flower into fruit called?
3. Which seeds can fly with the wind?
4. What is inside a fruit?
5. Which organisms help in pollination?

➤ **Colour the picture given below -**



➤ **Activity-**

1. Plant a seed and observe it for 10 days and write down the activity.
2. Write an essay in 8-10 sentences on the topic "If I were a seed...."

- Save the earth, plant a tree.
- Secure your future, plant trees.

Lesson - 4

The Cycle of Interdependence

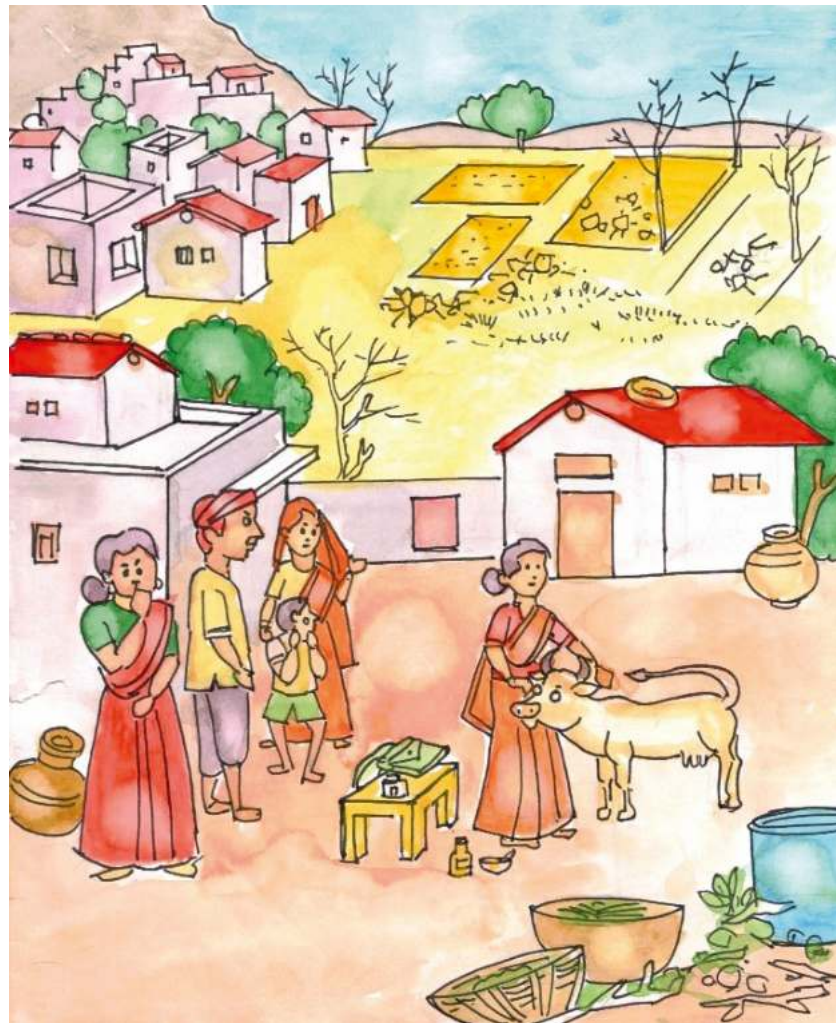


Manoj could not sleep all night yesterday. Neither could Raju, Raju's mother, and grandmother. Everyone was very worried. The cause of their trouble was the cow Kajri. The cow Kajri kept groaning in pain all night. Raju asked, "Does it have a stomach ache?" Usha made a sad face and said, "I think Kajri has a fever."

Manoj also looked at Kajri with a heavy heart and said, "It's morning, now we should call the doctor. Only the doctor will be able to tell something."

When the lady doctor arrived, Usha told her that Kajri had been groaning in pain all night yesterday.

Raju became tearful and asked the doctor, "Is Kajri very sick? Will you give her a big injection?"



The doctor said, "Kajri is quite weak. She also has a stomach ache. An injection will have to be given. I am also giving some medicines, which she will have to be fed daily."

Manoj said, "Kajri has been giving very little milk for some days."

Grandmother, with a sad heart, looked at the sky and said, "This year, there has been very little rain too."

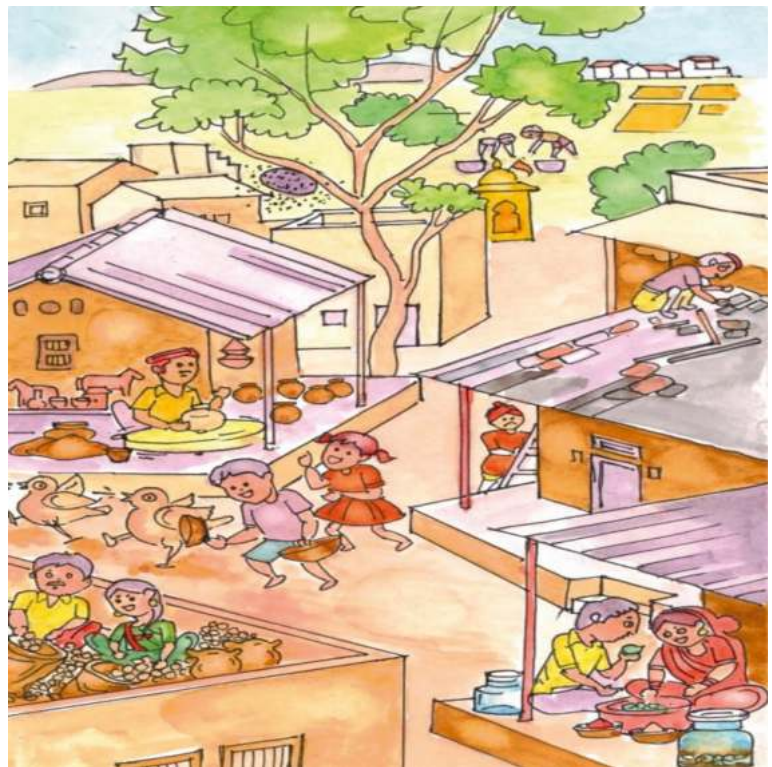
Practice-1

1. Let's classify the sensations that occur in your body -

Natural/Spontaneous	Normal/Common	Uncomfortable/Awkward
Eyes watering when laughing	Stomach rumbling when hungry	Trembling legs when speaking on stage

Like Manoj, other people in the village also depend on farming, animals, and nature for their work. For example, Manoj's family earns some money by selling the milk obtained from Kajri, and they also sow crops in the fields according to the season.

Let's find out which profession depends on what?



Different professions depend on different resources. For example, a potter needs clay, which he will bring from the river. Coal and wood are needed, which we get from nature. Similarly, many jobs are based on living beings. For example, for milk production, cows, buffaloes, and goats are reared; for silk, silkworms are reared, etc.

Practice-2

Now, write the names of professions related to farming and the plants or crops used for them in the table below. Also, write about professions related to living beings -

Professions related to plants or farming	Which plants (crops)	Other Resources

Professions related to living beings	Which living beings	Other Resources

Now we have understood that.....

Kajri's health has improved significantly with the doctor's medicine. This year, it also rained well in the village, and lush green fodder started appearing again for Kajri to eat. One day, grandmother happily said that now the work would proceed well. To

understand this, Raju made a connection: "Work will proceed well... because Kajri is giving good milk... because she is getting good green fodder... because there has been good rain. Thus, interdependence has become clear, showing that we are dependent on nature.

Practice-3

You can also make a series to the problem given below -

Clogging of village drains because..... because..... because..... because.....

Practice-4 : Group Work -

Raju is trying to find out something with his friends. Let's help him-

Discuss the following questions in groups and find out the supply chain of the milk from farmer to the market -

- (a) Which animals are useful in our daily lives?
- (b) Make a series of milk production to milk consumption.

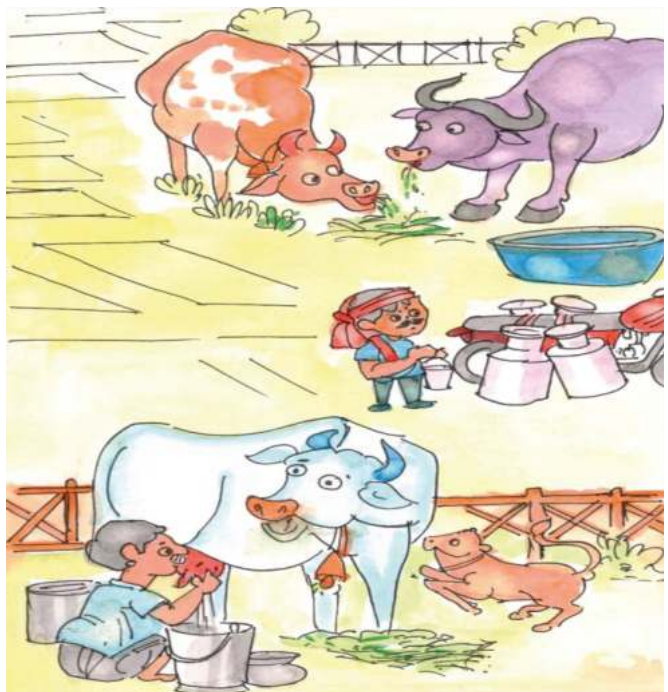
For Example :

Step 1 : Rearing of cows and buffaloes.

Step 2 :

Step 3 :

- (c) Who all are involved in this?



-
- (d) What all items are needed? List the natural and man made items among them?
- (e) If these items are not available, what would be the alternative?

Just like that, let's find out what the journey from tree to paper and paper to notebook looks like. (Take help from your teacher)-

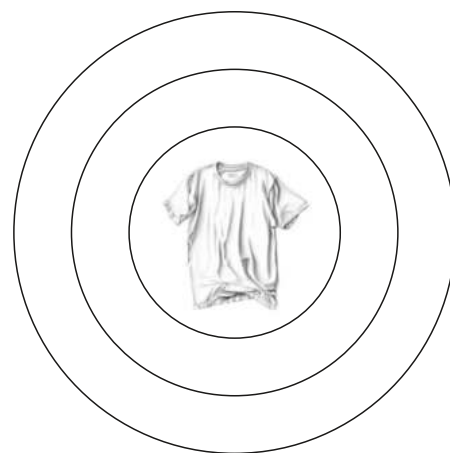
- What happens first, what happens next, make a series?
- What all items are needed?
- If these items are not available, what would be the alternative?

Practice- 5 - The world in our home

We have learnt in the lesson that our professions are largely dependent on flora and fauna, i.e. the environment. Let us see how this interdependence is visible in our daily lives.

Have you ever thought where the things we use in our daily lives come from? Who are the people who bring them to us? Let's find out about this-

1. Draw a picture of some object in the middle of a page of your notebook that you generally use every day, like- a pen, cloth, brush, anything that you use commonly.
2. Now write on its sides the names of all the things from which these things are made.



- 
3. Now also write where this material came from? Who all are involved in making it?
 4. Where did these items come from? Who might have brought them there? Write their names too.
 5. Once you have written down the names of everyone who may have had any contribution in creating it or getting it to you, take a look at your page.
 6. What do you see? How many people are you depend on for one thing? Do you know all of them?
 7. Are all these people and things from your surrounding? If not, who are the people included in it?
 8. Write down what you are feeling by looking at this.
 9. If any of these is missing or not available then what will be the impact on the whole process?

1. Find out and demonstrate –

1. Look at the packets of the goods at your home. Read the description carefully and find out where the product was made?
2. Where did the materials or items included in this come from?
3. Who delivered these goods to your house?
4. How do you feel when you think about these things?

2. The world in a plat-

Step 1 - Different types of dishes are prepared at your home on special occasions. Usually, you must have eaten some dishes which

are not prepared at your home but you must have eaten them somewhere else, sometimes in the market, sometimes at a friend's home or at your grandmother's home. Some dishes are seasonal, like hot millet Raab is prepared in winter season, while cold raabdi is prepared in the scorching summer.

You can prepare your favourite food items in the plate given below and while preparing it think about these questions and discuss it in the group-

- In which season is this dish made? Why is it made in this season?
- On what occasion is this made in your family and why?
- What ingredients are used to make this dish?
- Where did these ingredients come from in your home?
- How does it relate to your area?



Practice Work

➤ Fill in the blanks -

1. People of the village are engaged in various occupations, depend on..... and



➤ **Write true or false -**

1. Decreasing rainfall can affect animal nutrition. ()
2. Professions depend on plants and animals may undergo changes. ()
3. The cycle of interdependence is seen in rural life. ()

➤ **Write the answer in two to three sentences -**

1. Which professions in the village depend on trees and plants?
2. What impact does rain have on agriculture and animal husbandry?
3. What impact can protecting the environment have on our professions?
4. Write the cause and effect for the situation given in the table -

Situation	Reason	Effect
There was a drought in the village.		
Kajri did not get good food.		
There was a good yield in farming.		
The people of the village have given up animal husbandry.		
There was a flood in the village.		



➤ **Do it yourself -**

1. Study an occupation in your village/town and find out on which natural resources it depends upon?
2. Write a paragraph in 100-150 words on the topic : 'What will happen if there is no rain?'
3. Ask an elder member of your family how business depended on nature in their time and what changes have taken place in it now.

Write down your answer and discuss it in your class.

➤ **Find the solutions of the problems given below-**

1. What should the farmers do if there is a drought in the village?
2. If milk production decreases, what could be the alternatives?
3. If the pest infestation in the fields increases, what solution can be found using organic methods?
4. If deforestation increases, what impact will it have on the environment and business?

**Advance the country's economy,
Let's make India self-reliant.**

We Learnt and Understood - I



(A) Oral Questions -

(To be asked by the teacher to the students and to be assessed by preparing individual / group-wise checklist as per need)

➤ Conversation based questions -

1. Explain the health benefits of millets and other coarse cereals.
2. What are the main differences between village and city life?
3. Which substances are required for seed germination?
4. Can seeds germinate without soil? If yes, then how?
5. Which plants found in Rajasthan that have very deep roots and why?
6. If you had to motivate your friend to eat whole grains, how would you motivate him/her ?
7. Have you ever visited a village? Share your experience.
8. Ask your grandparents or parents which coarse grains were eaten in their childhood and what all was made from them?
9. What is the impact of lack of rainfall on agriculture in Rajasthan? Express your views on this.
10. Have you seen farmers working in the fields? Describe their work.

(B) Written assessment-

➤ **Choose the correct answer-**

1. Which are the coarse grains?
(a) Wheat and rice (b) Millet, sorghum, ragi
(c) Wheat only (d) only rice
2. Which is the most commonly found tree species in Rajasthan?
(a) Coconut (b) Khejri
(c) Banana (d) Peepal
3. What does business in the village depend on?
(a) Only on machines (b) On nature and resources
(c) On human labour only (d) Not on anyone
4. What did people use for communication in ancient times?
(a) Mobile phone (b) Telephone booth
(c) Internet (d) Letter
5. What is the traditional attire of women in Rajasthan?
(a) Lehenga-odhni (b) Shirt-skirt
(c) Jeans-T-shirt (d) Salwar-kurta
6. Which is the desert of Rajasthan?
(a) Gobi Desert (b) Thar Desert
(c) Kalahari Desert (d) Sahara Desert



➤ **Fill in the blanks:-**

1. Cereals like millet, sorghum, maize, ragi are called.....
2.and.....for germination of seeds.
3. LPG facility was provided in the village under the scheme.....
4. To maintain moisture in the soil, farmers use technique.

➤ **Write True / False-**

1. Coarse grains are eaten only in winter. ()
2. Air and water are required for germination of seeds. ()
3. The village artisans are from various local trades. ()
4. tree is given great importance in Rajasthan. ()

➤ **Match-**

Column 'A'

LPG gas

Seed germination

Internet connection

Traditional business

Column 'B'

Potter, blacksmith, tailor

Smokeless stove

Soil, water and sunlight

At the village chaupal

➤ **Answer the following questions in 20-30 words-**

1. Why did grandmother call coarse grains 'treasure of health'?
2. What was the reaction of the children when Nishant's family went to the village?



- 
3. How is the Khejri tree in Rajasthan helpful in water conservation?
 4. What is the process of a seed becoming a plant called?

(C) Do it yourself-

1. Collect samples of coarse grains grown in your area and explain their uses in the class.
2. Draw a picture of any coarse cereal (like millet, maize or sorghum) plant or its grain and write its various uses.
3. Draw a traditional hut or mud house from a village in Rajasthan.
4. **Do an interview-** Ask the elders in your family for recipes of traditional coarse grain dishes and write them down.
5. **Make a poster-**
 - Prepare a collage/poster showing water conservation measures in your area.
 - 'Village vs City' topic showing the features of village and city.
6. **Story Writing-** Write a story in 8-10 sentences on the topic 'If I were a seed'.
7. 'If all the trees around us are cut down, what impact will it have on the environment?' Write 5 sentences on this.

**Purity lies in simplicity,
This is the identity of the village.**

Lesson - 5

Hygiene and Health



Prachi was walking in the streets after heavy rain. She saw plastic bottles, bags and garbage piled up on the roadside. Prachi felt strange. Do you see such garbage in your locality also during rain? How do you feel?

She thought, "How and where did all this come from?" Then Saumya Didi said, "We have brought this filth. When we throw garbage here and there, rain and wind bring it to the streets."

Prachi said, "This garbage is making us sick. Animals also become sick after eating plastic."

Amol said, "Yes, last month the drains got blocked and mosquitoes also increased."

Rahul said, "Geeta aunty also got fever."

Everyone thought clogged drains were a big problem.

Prachi asked, "So what can we do?"



Come on, let's do an exercise.

Practice Task – Soldiers of cleaning

You can also write down other such wastes and write about their recycling process and disadvantages as per the table given below–

Step 1 : Identify and sort different wastes.

Step 2: Where is this garbage/waste coming from? Find out and write it against the type of waste.

Step 3: Arrange for the disposal of waste at a designated location according to its type.

Step 4: Find new ways to reuse waste.

Look, Prachi has tried something as told by Soumya Didi. Please help her in taking it forward. Write or draw pictures about things that can be reused.

List of Waste	Where it came from	Where it will go	How it can be reused
Fruit and vegetable peels	From home kitchen / school kitchen	Into compost pit or to animals	As compost
packets that came with the item	from the shop/ market	in a recyclable container	Ecobricks filled in plastic bottles to carry goods





Wet or organic	Recyclable	Hazardous
Leaves, Food (food)	Paper, Cardboard	Medical waste – needles, bandages, etc.
		Batteries, old machines, waste from factories

Find out and write down -

1. What problems can arise from throwing garbage here and there?
2. Where do people around you throw garbage? Does it also get accumulate in drains?
3. If you had to tell everyone in your neighborhood about different types of waste, how would you do it? Write down some ways.
4. What kind of harmful waste have you seen around you? What are its harms?

I enjoyed the activity and learnt a lot, but how do I explain it to others? No one was going to believe her words so easily. Soumya Didi said, "Everyone should know these things, only then it will have some effect."Yes, first we will start with ourselves and then we will tell others too." Prachi said.

You also tell me what three initial steps you would take to prevent litter.

1.
2.
3.



Now this group of friends started meeting every day after school. Rahul told that Amol would not come that day because he was not well. He had been vomiting and having diarrhea since the previous night.

"Oh! Had you find out why it is happening?" Prachi said.

"I don't know, but maybe he ate something unsuitable/unhygienic." Amol said.

Let's find out -

1. You must have seen someone falling sick in your home or in the neighbourhood.
2. Make a list of the diseases you have heard and find out how they spread.
3. Which of these diseases spread due to contamination in water, air and food?
4. Write in the table given below-
 - (a) Which of these things can cause disease and which cannot, and why?

Work	Can cause illness Yes / No	Reason
Not washing hands before eating		
Playing at the dirty places		
Allowing stagnant water to accumulate		
Keep drinking water covered		
Eating food kept open in the market		

(b) Find the information about the diseases given below and match them with their correct symptoms-

Diseases	Symptoms
Malaria	Abdominal pain, frequent diarrhea and dehydration
Typhoid (Moti Jhara)	High fever, joint and muscle pain, fatigue, weakness and loss of appetite
Diarrhea	Cold, shivers, high fever, and headache
Dengue	Fever, headache, fatigue, stomach pain, loss of appetite

Practice Work

➤ Think and write-

1. How do you feel when you are sick?
2. How do you want others to treat you when you are sick?
3. Is it only you who feels like it or do others feel like it too?
Then how would you like to treat them?

➤ What do you think? Write with reasoning:-

1. Do birds also fall sick due to dirt? If yes, then how?
2. If birds fall sick, how do they take care of themselves?
3. If water gets polluted, what effect will it have on the organisms living in it?

4. If aquatic creatures also fall sick, what will they do?

➤ **What will you do -:**

1. If you are suffering from high fever.
2. If you are suffering from pain and vomiting.
3. If dengue has occurred, there is weakness in the entire body and severe pain in the legs.
4. If your friend falls ill.

➤ **Look at the cross word puzzle in the table given below carefully. Now walk in some way and see which words are hidden. Sort out the names of the diseases.**

Den	Gue	Fe	Itc
Ma	Na	ver	hi
kha	La	Ra	ness
Di	ar	rh	ea
Pya	rr	he	a
Ni	Cho	le	ra

➤ **Do it yourself-**

Discussion and poster / collage making (dividing the class into four groups)

- **First Group-** Discuss the measures for waste management.

- 
- **Second Group-** Discuss ways to save water (water conservation).
 - **Third Group-** Discuss ways to protect birds and animals from dirt.
 - **Fourth group-** Discuss regarding diseases caused by dirt and methods to prevent them.
 - **All four groups –** show your ideas by drawing pictures on the poster.
 - **Finally –** look at each other's posters and talk about them.
- **Talk to the elders in your family and find out –**
- What three precautions should you take to stay healthy?
 - What can we include in our daily routine to avoid diseases?

- Cleanliness is the key to health.
- Throw away garbage, spread the message of cleanliness.

Lesson - 6

Light, Shadow and Weather



Rohan and his classmate Riya were playing in the sun. Suddenly Rohan saw that his shadow was moving along with him. He jumped and saw that his shadow also jumped! Riya said laughingly, "Oh! This is the magic of our shadow."

They wondered, "when the shadow is short and when is it long." They asked their teacher. The teacher smiled and said, "Come, let's find it ourselves!."

Everyone started looking at the shadows of the cardboard pieces on a white paper. "Oh! When we rotate the cardboard, the shadow also changes!" Riya was surprised. "And if I change the distance, the shadow changes too."



Teacher said, "Look, shadows are formed not only in the sunlight but also in the light at night!" The children were thrilled. They thought that they would make





shadows at night and see the mysteries of shadows.

The pictures given before show the figures made by the palms and fingers of the hand. Have you ever done this? Try making such figure yourself. Can your friends identify which animal you have made? How many and what kind of figures can you make from shadows?

What is a shadow ?

When light hits an opaque object, a dark part is formed behind it, which is called a shadow.

Have you ever played with shadows?

- If you stand in the sunlight or torchlight and look, what will your shadow look like? If you make animal shapes with your hands, will your friends be able to recognize them?

Can you tell?

- Does the shadow change or not when a piece of cardboard is placed on a white paper?
- Why is the size of your shadow different when you stand in front of the sun in the morning, afternoon and evening?

Think and Answer -

- When is the shadow longest during the day?
- Is a shadows visible at night or not, why?
- How many times larger is your longest shadow compared to you?

Activity -

- Make shadow of different objects and measure their length?

- 
- How is the shape of the object's shadows? Write.

Name of object	Size of object	Length of shadow	Shape of shadow
Water bottle	25 cm long cylindrical	20 cm (morning)/ 10 cm (afternoon)/ 30 cm (evening)	Long and cylindrical, slightly elongated shape

Do, observe and write the answer in your notebook -

- Is the shadow of a tree the same throughout the day?
- When is the shadow longest?
- When is the shadow shortest?
- Draw a picture of the shadow of a tree near your house or school.
- Is a shadows visible at

Also know this -

- ▶ The shadow changes according to the position of the sun.
- ▶ A shadow can be formed by an object blocking light.
- ▶ Solar eclipse happens when the Moon comes between the Earth and the Sun.
- ▶ Lunar eclipse happens when the Earth comes between the Sun and the Moon.



night? If yes, how? If not, why?

- When does our shadow walk in front of us? And when does it walk behind us?

Can a small object hide a large object? Vikas complained that his sister comes and sits in front of the TV, due to which he cannot see anything.

Seema laughed and said, "So, does this mean that a small object can hide a large object?"

Sunny asked curiously, "But how is this possible? Can the Moon also cover the Sun?"

The next day, the teacher conducted another experiment: the game of solar eclipse.

Solar Eclipse game -

1. A torch was placed like the sun. The children role-played, with a big child as 'Earth' and a small child as 'Moon' When the Moon (small child) came between the Sun and the Earth, it became dark on Earth.

Seema exclaimed in surprise, "Oh! This is how a solar eclipse happens!"

Now the children started enjoying repeatedly looking at their shadows and talking about them.

Find out -

1. If the Moon is small, how does it completely cover the Sun?

- 
2. Why does the Moon sometimes disappear at night?
 3. Why does the Moon not look the same every day?
 4. Is an eclipse always the same or of different types?
 5. If water is exposed to sunlight during the day, why does it get warm?

2. Write true or false -:

1. A shadow is always black. ()
2. When the sun is overhead, the shadow is long. ()
3. A solar eclipse is caused by the shadow of the moon. ()
4. Clothes dry slowly in bright sunlight. ()

3. Fill in the blanks –

1. When the sun is, the shadow is shortest.
2. To form a shadow, a source is needed.

4. Answer in two or three sentences -

1. What three things are needed to form a shadow?
2. Why do shadows not appear in the dark?

Let's learn about weather-

Does the sun also affect the weather and how? If clouds gather, the sun hides, strong winds start blowing or it starts raining, we can say that the weather is changing. The weather can change anytime- in the morning, afternoon, evening or night.

Can you fill in the weather for one day in this table? For example, bright sunshine, clear sky, coolness, dust storm came, clouds remained, strong hot wind blew, light rain occurred, heavy rain occurred.

Day	Morning	Afternoon	Evening	Night
Monday	The sky remained clear	It remained cloudy	Strong hot wind blew	It rained lightly
Wednesday				
Sunday				
Next Tuesday				

Savitri has written the description of Monday in this way- On Monday, the sky was completely clear in the morning. There were light clouds in the afternoon. By evening, strong hot winds started blowing. There was also light rain around 8 o'clock at night. Now you write a description based on this table.

Try to answer-

- Which season do you like the most and why?
- In which season is bathing most enjoyable?
- If a shopkeeper sells clothes in the winter season, then which clothes will be more in his shop?
- What is most needed during the rainy season?
- Why do we sweat in summer, not in winter?
- What kind of sounds are heard during a monsoon night?
- If there is an event to be held at your home during the summer season, what all things will need to be kept in mind?
- Which season, do you think, plants are the happiest?



- Write the names of three dishes each that are made in the winter and summer seasons.

I like it because..... Write two reasons for each statement -

- I like rain because : (1).....
(2)
- I like summer because : (1)
(2)
- I like winter because: (1)
(2)

☆ **Draw pictures** – Draw pictures of two things each related to rain, summer and winter.

☆ Write a complete recipe of your favourite dish chosen from any one season.

Things from the heart-

What do they think in the summer season? Write in 5-6 sentences.

- What would a tree be thinking?
- What would the Sheep be thinking?
- What would the Chinkara be thinking?

Talk to your family and find out-

- What diseases occur during the rainy season and tell the measures to prevent them.



Practice Work

➤ Choose the correct answer -

- At what time is the shadow shortest?
(a) Morning (b) Afternoon
(c) Evening (d) Night ()
- Why does solar eclipse occur?
(a) When the Moon comes between the Sun and the Earth.
(b) When the Earth comes between the Sun and the Moon.
(c) When the Sun comes between the Moon and the Earth.
(d) When the earth is very close to the sun. ()
- What are the substances necessary for the formation of shadow?
(a) Light source (b) Object
(c) Light source and object (d) only light source ()

➤ Fill in the blanks -

- When the sun is the shadow is shortest.
- To form a shadow, source is required.
- When light strikes an object is formed behind it.

➤ Match -

Column 'A'

Morning sun

Afternoon sun

Flashlight at night

Column 'B'

Artificial shade

Long shadow

Little shadow

➤ **Write answer in two to three lines (maximum 20-30 words) -**

1. What three sources are needed for a shadow to form?
2. How does a solar eclipse occur?
3. Why does the size of a shadow keep changing during the daytime?
4. If the size of an object is changed, will its shadow also change or not? Why?

➤ **Do it yourself -**

1. Make shadows of different objects and measure and write their lengths.
2. Draw a picture of the shadow of a tree located near your home or school.

**No matter how deep the darkness,
One lamp can erase it.**

Lesson - 7

Desert Storm



A monkey, a rabbit and a tortoise wanted to travel through the desert. It was difficult for them to walk in the sand but not for the camel. They thought what to do? They took advice from the camel.

The next morning, they set out on a desert journey with water and food but after walking a few steps, their feet started



sinking into sand. The camel said, "You all sit on my back. My feet are big, so they do not sink in the sand." All three sat on the camel's back and the camel started walking.

After a while, a strong wind started blowing. Sand started flying all around. The tortoise sat between the camel's humps and put his head inside. The monkey and the rabbit closed their eyes. When the storm stopped, the tortoise asked the camel, "Why are you not afraid of the sandstorm?" The camel replied..... What do you



think, what did the camel answer?

- Do you know that camel is called 'ship of the desert'. Think and answer why it is called so? Camels can walk easily on sand because.....
- The camel does not feel thirsty for hours because.....
.....
- What kind of problems would the Rabbit and the Monkey face if they travelled on their own?.....
- A camel can live without water for a long time while a monkey and rabbit cannot live without water for a long time. What might have happened to them?
.....

The Ship of the Desert -

The camel is called the ship of the desert because it is the main mode of transport in the desert. A camel can drink 100 to 150 liters of water at a time. It can survive without drinking water for 5 to 6 days. Its feet are broad, flat and padded so it can easily walk on sand.

During their journey, they found acacia (Babool), rohida and bushes from which they satisfied their hunger. On the way, they also found a chinkara. The chinkara is an animal of the deer species found in our desert region. Similarly, how would the people live in these areas during summers?





Think and Answer -

1. How does a tortoise manage to survive both in water and on land?
.....
2. How do cats, leopards etc. climb on trees but dogs cannot? Why is it so?
.....
3. What do animals do to keep themselves warm in extreme cold? Similarly, how do they keep themselves cool in extreme heat?
.....
4. How will animals and birds protect themselves when there is a fire in the forest?
.....
5. What would be the lifestyle of the families living in the desert?
.....

Do it yourself-

Let us find out more about animals and birds.

1. Have you ever thought about the difference between a tortoise's feet and a rabbit's feet?
2. What is the difference between the feet of a duck and a pigeon?



- 
3. Look carefully at the beaks of the birds around you. Do all their beaks look the same?
 4. Do you think the shape of birds' beaks is related to what they eat? How?
 5. Compare the structure of the wings of a pigeon and a hen. What are the differences between the two and why?
 6. Listen to the sounds of the animals surrounding you. Do you understand their emotions from their voices?
 7. Have you ever wondered how ants find their way?
 8. Observe animals around you searching for food and see how they find it.
 9. Write the names of animals that live in water.
 10. Look at the colors, shapes and sizes of different animals and birds. Can you think of how their colors help them? (e.g. in hiding, hunting or calling a mate)
 11. Have you ever heard the story of the race between the tortoise and the rabbit? Think why the tortoise walks so slowly and the rabbit runs fast?

Wisdom in Crisis- Learning to overcome Difficulties!

Everyone faced the difficulties in the desert together. Similarly, difficulties come in our life too. Like- heavy rain, flood, someone drowning in water while bathing in the river and an accident on the road.

In such situations, we have to find immediate ways to help. If we know the methods of first aid then we can help ourselves as well as others. Have you ever seen such a thing around you? Think, if there is a flood, someone starts drowning in water or a road accident happens then what will you do?



First Aid Box

Let's discuss-

1. How do you feel in such situations?
2. What can you do to keep yourself calm and safe?
3. What steps do you take to help others?
4. What will you do if flood water ever starts entering your house?

Some friends were playing Kho-Kho. One of their friends fell down. His knee and elbow were scraped. He was quickly taken to Asha Didi's house.

Asha Didi treated him immediately.

Look, here the sequence of treatment of Asha Didi has been reversed. Please arrange it in sequence-

1. Made a bandage from a clean cloth and tie it.

2. Wiped the wound with a clean cloth.
3. Washed the wound thoroughly.
4. Applied antiseptic cream on the wound.

Have you ever witnessed such an incident? If yes, what did you do?

We must keep a box of some essential items so that we can provide first aid in such situations.

Group assignment-

Picture of first aid kit is given below. Make a list of the essential items for first aid from the picture and write down.

1.
2.
3.
4.



First Aid Box

If a road accident occurs in front of you-

1. What will you do to help an injured person?
2. How will you provide first aid?
3. How will we inform his family?





Project Work-

Sit down with your classmates and discuss emergency situations (e.g., injuries, fire, and electric shock). Make posters with remedies to prevent these incidents and put them up in your classroom. Here is a poster to help you.

What to do to prevent drowning in water-

1. Ensure your safety.
2. Take support of some solid object or rope so that you remain safe.
3. Understand the depth and flow of water. Avoid entering directly into strong currents.
4. Provide support- Throw wood, rope, air-filled tube or any other floating object to help the drowning person to hold on.
5. Use a swimming device if it is necessary to go into the water.
6. Hold the drowning person from behind so that he/she does not panic and harm you.
7. Keep his/her head above water.
8. Slowly move the person towards the shore. Ask him/her to remain calm.

Similarly, what are the methods of protection in case of fire and electric shock? Make a list –



Incident	What to do?	What not to do?
Catch fire		
Electric Shock		
Getting hurt		
Flood		

1. Make a list of the equipments used for swimming and rescue.

1.
2.
3.
4.

2. Making a message poster- Create a poster about items and methods used in first aid treatment for injuries, present it in the assembly and display it in the classroom.

Think and write -

- Create a list of what to do and what not to do for rescue during a flood.
- Create a list of the equipment used for swimming and rescue.

Practice Work

➤ Choose the correct answer -

1. Why did the camel make the monkey, rabbit and tortoise sit on its back?
(a) Because the camel was enjoying.
(b) Because the camel's feet do not sink in the sand.
(c) Because the camel had more space
(d) None of the above. ()
2. Which animal can walk easily in the desert ?
(a) Rabbit (b) Monkey
(c) Tortoise (d) Camel ()
3. What is Chinkara?
(a) Bird species (b) Aquatic animal
(c) Deer species (d) Reptiles ()

➤ Fill in the blanks -

1. Camel is called the ship of
2. The camel's feet areand....., so they do not sink in.....

➤ Write True / False -

1. The camel is afraid of strong wind. ()
2. The tortoise hid its head between the camel's humps during a storm. ()
3. Monkeys and rabbits can live in the desert without water. ()

- 
4. Acacia (Babool), rohida and bushes are found in the desert. ()

➤ **Write the answer in two to three lines -**

1. Why is the camel called the ship of the desert?
2. Why does a camel not feel thirsty for hours?
3. What difficulties would the rabbit and the monkey face if they travelled alone?
4. How would the people of desert live during the summer?

➤ **Do it yourself -**

Search and observation work -

1. What is the difference between the feet of an elephant and a cat?
2. How is the shape of the beaks of birds related to their diet?
3. Do all birds fly? If not, what kind of wings do they have?
4. How do ants walk in a line? How do they find their way?
5. Which animals and birds are found in the forest, fields, ponds and houses?

At the time of first aid-

Think and tell what would be the correct sequence of treatment if someone falls down and gets injured?

1. Tie a bandage made of a clean cloth.
2. Wipe the wound with a dry cloth.
3. Wash the wound thoroughly.
4. Applying antiseptic cream on the wound.

Lesson - 8

Ramdevra Padyatra



Indradan lived in a small village with his family. His family was big and happy. There were two sons, daughters-in-law and five grandchildren in the family. One day, when the rainy season was in full swing and the whole family was sitting in the veranda of the house having tea. Indradan suddenly said, "I am thinking that this time we should all go on a pilgrimage to Ramdevra Dham. It has been a long time since we went there."

The children got excited hearing it and said, "We will also go!"

Indradan smiled and said, "Okay, all of us will go."

Why is Ramdevra famous?

Meanwhile, seven year old Seema asked curiously, "Grandfather, what is so special about Ramdevra?"

On this Divansh immediately said, "Don't you know anything? A very big fair is held there. My friend went there last year."

Indradan smiled said, "You are absolutely right, Divansh. There is a temple of Baba Ramdevji in Runicha village of Jaisalmer district. Every year, in the month of Bhadon, a huge fair is held here, in which lakhs of people come. These are called 'Jaataru'."

Preparation for the Journey

Many other people from the village were also going to join this journey. A meeting was called at the Chaupal to make arrangements for the journey. Information about the walking route and stops was

given, mobile numbers were shared and vehicles were arranged for the elders, women and young children.

The journey began at 8 AM with the sky-piercing chants of 'Ramsa Peer ki Jay.'

Ramrasoda Service

The first stop was at a Ramrasoda near a village, where free food was provided to the travellers. Ajay asked, "Grandfather, why do people set up free Ramrasodas?"

Indradan said, "Son, this is a symbol of service and devotion. Serving pilgrims is considered a virtuous act."

Pilgrimage Experiences / Walking Journey Experiences -

Moving ahead, the travellers saw that some young people were massaging the feet of the elderly travellers. Divansh asked curiously, "Grandfather, why are these people doing so?"

"The elderly people get tired from walking too much. The massage gives them relief and they can continue their journey," Indradan explained.

When the journey reached Pokhran, Indradan told the children, "It was here that India conducted its most powerful nuclear test in 1998."

Pokhran-II or Operation Shakti was a series of five underground nuclear tests conducted by India on 11 and 13



May 1998. This established India as a nuclear-powered nation, thereby increasing its security and diplomatic power. This test was an important step towards India's scientific and technological capability and self-reliance. Earlier, India had conducted its first nuclear test called Smiling Buddha on 18 May 1974.

Prabhas said, "But grandfather, our teacher says that nuclear bombs are very dangerous."

Indradan nodded and said, "That's right, son. Our Prime Minister Atal Bihari Vajpayee had said that India will never use nuclear weapons first. It is for self-defence, not for attack."

Discussion of fields and crops

Moving ahead, we saw lush green fields on both sides of the road in which crops like-millet, green gram, cluster bean and sesame were growing. Seema asked curiously, "Grandfather, why are the crops grown here also similar to the crops grown in our village?"

Indradan explained, "Son, this area falls in the Thar Desert where rainfall is scarce/less. So Kharif crops like- millet, sorghum, cluster bean and sesame are grown here."



Ajay immediately asked, "What is Kharif crops, grandfather?"

Indradan smiled and explained, "Crops are of three types based on the season – Kharif (sown in monsoon), Rabi (sown in winter) and

Zaid (grown in summer between March and June)."

Ramdevra Fair

On the third day, when they reached near Ramdevra, the splendour of the fair could be seen from a distance. The atmosphere became alive with people dressed in colourful clothes, shops, toys, sweets and the sounds of poppies.

Indradan said, "Let us visit the temple first and then we will visit the fair."

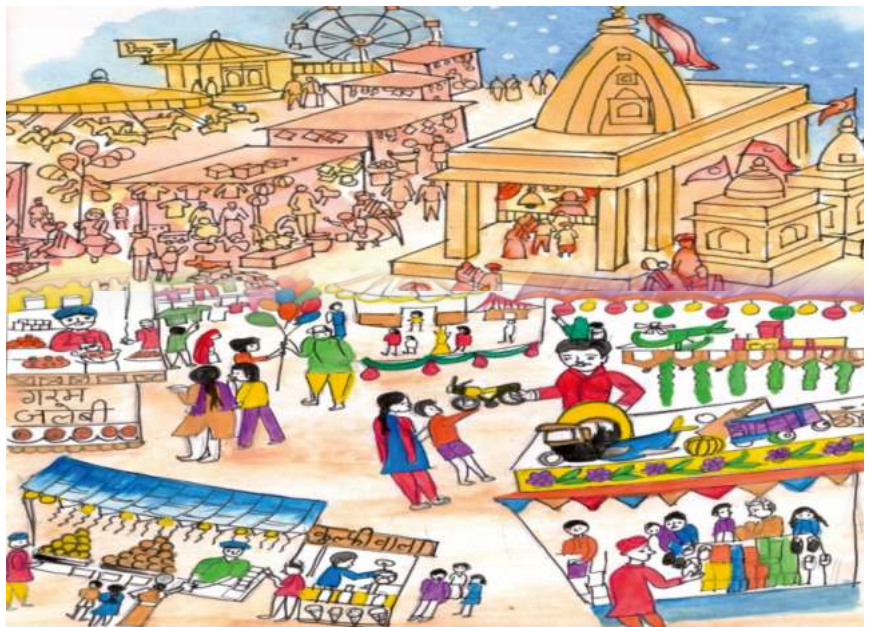
The children had to wait in a long queue, waiting for their turn. Prabhas asked, "Grandfather, why are there so many police here?"

Indradan said, "The police are here to control the crowd, maintain security and discipline and to help the people."

The essence of the journey / The gist of the trip-

After the worship, everyone enjoyed the fair. They all rode the swings, ate sweets, and bought memorable souvenirs. The amazing experience of the padyatra (pilgrimage) taught the children about devotion, nature, and history, connecting them with religious and cultural traditions.

This journey wasn't just a walk; it was an opportunity to



understand many aspects connected to life and culture. When the family returned to the village, the children had a new understanding and respect in their hearts for their traditions, nature, and knowledge.

Practice Work

➤ Fill in the blanks -

1. Ramdevra fair is held every year in the month of
2. The eating place made on the way for the pilgrims is called.....
3. Nuclear test was conducted in Pokhran in the year of.....

➤ Write True or False -

1. Pokharan is located in the Udaipur district of Rajasthan. ()
2. Cultivation of cluster bean and millet requires more water. ()
3. Police are deployed at the fair for security and crowd control. ()

➤ Match –

Column 'A'

Ramdevra Fair

Pokhran

Ramsarovar

Ramrasoda

Wheat farming

Column 'B'

Nuclear test

Bhadrapada month

Eating place for the pilgrims

Rabi crop

Holy water source



➤ **Classify the crops given below –**

(Millet, Wheat, Green gram, Cluster bean, Mustard, Gram, Sorghum, Sesame and Groundnut)

Kharif Crops :

Rabi Crops :

Zaid crops :

➤ **Make the List of –**

1. Main activities taking place in Ramdevra Fair.
2. Various services provided during the foot journey (Padyatra).

➤ **Think and write -**

1. What was the impact of canals on agriculture in desert regions?
2. What kind of problems can arise if the police do not manage security at the fair?
3. Write a note on the social and cultural impacts of journey on foot (padyatra).

➤ **Mark on the map of Rajasthan -**

1. Jodhpur
2. Jaisalmer
3. Your own district

**Let's go to Ramdev Baba's abode, the padyatra is very special.
Fill your heart with devotion, you will find true faith.**



We Learnt and Understood - II



(A) Oral Questions -

(To be asked by the teacher to the students and to be assessed by preparing individual / group-wise checklist as per need)

➤ Conversation based questions -

1. State three measures to maintain cleanliness in your surroundings.
2. What problems arise in cleaning after heavy rains in Rajasthan?
3. Discuss the effects of litter and plastic waste on health.
4. Share your experience of observing your own shadow at different times of the day. (morning, afternoon, evening)
5. Describe an interesting shadow experience at a fair or festival in Rajasthan (e.g.- how do the shadows look in the Diwali lights ?)
6. If there were no sun, what would our shadows be like? Express your views on this.
7. Why is it difficult to travel in the desert?
8. Why is the camel called the ship of the desert?
9. If the monkey, the rabbit and the tortoise travelled alone in the desert, what problems would they face?
10. Why is the pilgrimage to Ramdevra considered important?

- 
11. What special arrangements are made for pilgrims during the on foot journey (Padyatra)?
 12. What is Pokran-11 or Operation Shakti?

(B) Written assessment-

➤ **Choose the correct answer-**

1. Which diseases can spread due to dirt?
(a) Malaria (b) Cold and cough
(c) Impaired eyesight (d) None ()
2. Which is the oldest mode of transport used-
(a) Camel (b) Elephant
(c) Bicycle (d) Car ()
3. In which month is Ramdevra fair organised?
(a) Bhadrapada (b) Karthik
(c) Chaitra (d) Magh ()
4. Which is the right place to throw garbage ?
(a) Drain (b) Dustbin
(c) Road (d) Ground ()
5. What can be the proper use of wet waste?
(a) for burning (b) for making fertilizer
(c) for Flowing into the drain
(d) All ()

- 
6. When is the shadow shortest ?
(a) Morning (b) Afternoon
(c) Evening (d) Never ()
7. Why does a solar eclipse occur?
(a) The earth comes in front of the sun
(b) The Moon comes between the Sun and the Earth
(c) The Sun comes between the moon and the Earth
(d) None of these ()
8. Which is the most suitable animal for travelling in the desert?
(a) Lion (b) Elephant
(c) Camel (d) Sheep ()
9. What does a camel store in its body that allows it to live without water for a long time?
(a) Blood (b) Fat
(c) Bone (d) Water ()
10. When is Ramdevra Yatra organized?
(a) During Holi (b) In the month of Bhadrapada
(c) During Deepawali (d) On Makar Sankranti ()
11. What is the purpose of serving the pilgrims (Jatrus) ?
(a) Doing business (b) Doing good deeds
(c) Entertainment (d) To impress someone ()

➤ **Fill in the blanks-**

1. Millet flour is more nutritious and than wheat flour.
2. Manoj's family earns some money by selling the..... they get from Kajri.
3. The most commonly used beverage in Rajasthan is.....
4. The main animals living in the desert are..... and.....
5. Due to plastic waste during heavy rains, get blocked.
6. Separating waste allows to to be reused.
7. Animals get sick from eating
8. When light strikes an object, a is formed behind it.
9. The shortest shadow during the day is at time.
10. During a solar eclipse, comes between the Sun and the Earth.
11. Trees like and are found in the desert area of Rajasthan.
12. A camel's feet are and which allows it to walk easily in the desert.
13. Baba Ramdev temple is located in district.
14. People set up..... to serve the pilgrims (Jatrus).

➤ **Match-**

Column 'A'

Millet

Pollination

Milk production

Clay pots

Wet garbage

Plastic waste

Afternoon time

Solar eclipse

Camel

Khejri

Pokhran

Jatru

Column 'B'

By insects

Animal husbandry

Potter

Coarse grain

Put in recycling bin

Use for making compost

Specific position of the Moon,
Earth and Sun

Shortest shadow

Major tree of the desert

Ship of the desert

Pilgrims of Ramdevra Yatra

Nuclear test

➤ **Write True / False-**

1. Millets, sorghum, maize are coarse grains. ()
2. In villages, farming is done only by machines. ()
3. Birds help in seed dispersal. ()
4. Insects have no role in pollination. ()
5. Water conservation benefits agriculture. ()
6. Plastic can be reused. ()

- 
7. There is no harm in throwing garbage in the open. ()
 8. Cleanliness reduces diseases. ()
 9. Shadows never form at night. ()
 10. The size of a shadow always remains the same. ()
 11. The desert always has cold water. ()
 12. Ramdevra yatra is performed only by people from Jaisalmer district. ()
 13. Nuclear test was conducted in Pokhran. ()

➤ **Answer in two to three lines-**

1. What are coarse grains?
2. How does water scarcity in Rajasthan affect agriculture?
3. What is pollination and by which organisms does pollination occur?
4. What types of businesses flourish in villages?
5. Why are plants and animals important for the environment?
6. What problem arises from throwing garbage here and there?
7. Where do people in your neighbourhood throw garbage?
8. What are the benefits of segregating waste?
9. Why does a shadow form?
10. Why does the size of a shadow change during the day?

- 
11. What does a first aid kit contain ? Make a list.
 12. How can a camel live without water in the desert?
 13. What measures do animals take to protect themselves from desert storms?
 14. Why is the Ramdevra Yatra performed?
 15. What is the importance of serving pilgrims (Jatrus)?
 16. What kind of sights are seen during the foot journey (Padyatra)?

(C) Do it yourself-

1. Survey the garbage around your house and make a table-

Type of waste	Where did it come from?	Proper disposal	How can it be reused?
Vegetable peels	From the kitchen	In the compost pit	Can be used to make compost
Plastic bags			
Glass bottles			
Paper			

2. **Conduct an interview** - Ask your grandparents or parents how farming was done in villages during their childhood and what changes have taken place now?
3. **Draw a picture**— Draw a picture of a cleanliness campaign in your village or city, showing people sweeping, putting



garbage in dustbins and spreading awareness about cleanliness.

4. **Do an experiment** - Observe the shadow of an object (such as a tree or your own) in the morning, afternoon and evening and note its length. Show it in a chart.
5. Draw a picture of the desert animals and plants of Rajasthan.
6. Collect information about the animals and birds surrounding you and write their characteristics.
7. List other major tours taking place in Rajasthan and explain their importance.

Lesson - 9

Change and Continuity



Think about what the world was like in our grandparents' time? Did they also play the same games that we play? Did they also use mobile phones?

Circumstances change over the time while some remain the same. This is what we call change and continuity.

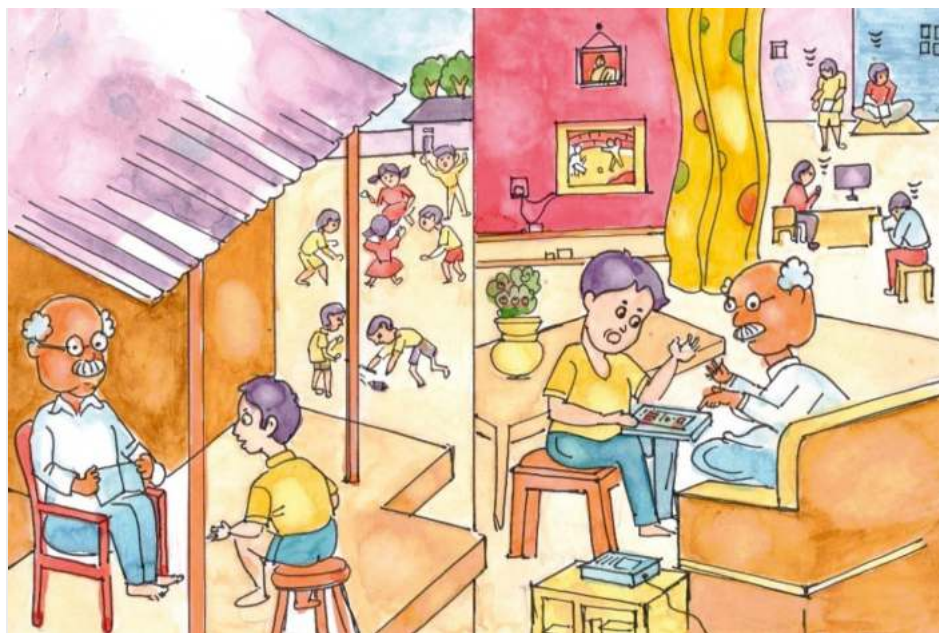
Come, let's hear a short story!

Story : Conversation between Sahil and his Grandfather

Sahil was talking with his grandfather. He asked, "Grandfather, did you also use a mobile phone when you were young?"

Grandfather laughed and said, "No son, we used to write letters and talk from telephone booths, but the importance of friendship was there then and is there even today!"

Sahil was surprised to hear it and asked further, "Which games did you play?"





Grandfather said, "We used to play Gilli-Danda, Kabaddi, Wrestling, Goti, Chor-Sipahi and Satoliya. Toys were made by hand then. Now children play video games."

Sahil realized that some things have changed like the way of communication and games but some things are the same like friendship and family love.

Examples of change and continuity in our lives -

There have been many changes in our daily life over the time but some traditions and culture have remained the same even today. Earlier children used to play Gilli-Danda and fly Kites, now they play video games but the joy of playing has always remained. Earlier people used to cook food on earthen stoves. Now they use gas stoves and induction but the tradition of having meals with family is still alive.

Earlier people used to wear hand-woven clothes, now they wear machine-made clothes. But traditional clothes are still worn on festivals and special occasions. Means of transport have evolved over the time. Earlier people used to travel on foot and bullock cart, then bicycle, bus, train, aeroplane and high-speed trains. But the purpose of travel is to go from one place to another.

Life has become easier with the invention of electricity. Earlier, people in villages used to travel long distances to collect water from wells, now tubewells and taps have reached every home, facilities have increased now.

There have been many changes in our daily life with the time but some traditions and culture are still alive today.



Activity -

Picture Recognition Activity- Show children the pictures of old and new things (such as a horse-cart and a car) and ask them what has changed and what is the same.

Continuity -

Natural events and values do not change with the time and remain the same for a long time. Like- the sun rising in the east and setting in the west, parents' love for children, the importance of friendship and family relationships, the feeling of respect, the tradition of celebrating festivals and fiestas are some such examples.



An activity can be conducted to encourage children to adopt these values in their lives. In which they will discuss about their family traditions and see which traditions have remained the same over the years.

Activity -

- Can you see something in your life that hasn't changed over the years? What is the reason behind it ?



Object, event or process	If there is no change then why is it so?

- **Comparing family traditions** : Ask children if there is any tradition in their family that has been going on for years.

Change -

Life changes with the time and with the advent of new technologies and facilities, our lives have become easier. In olden times, people used to travel by bullock cart, now cars and aeroplanes are used. Earlier food was cooked by burning wood on an earthen stove, now gas stoves and induction are used. Earlier people used to send messages by writing letters, now they use mobile and e-mail. To understand these changes, children can be asked to look at the things in their house that have changed in the last few years. They can talk to their grandparents to know which games and means of communication were prevalent in their times.

Activity -

- Can you see things in your house that have changed over the years? Make a list of them and discuss in the class.



Examples of Change and Continuity

Subject	Then	Now
Game	Gilli-Danda	Cricket, Chess
Meal	Cooking on a clay stove	Gas stove, Induction
Clothes	Handmade clothes	Machine made clothes
Communications	Letter, telephone booth	Mobile, Internet, E-mail

- **Group Discussion** : “Are all changes good?” Children will discuss this topic.
- **Compare Local Businesses** : List the old and the new occupations near you. Draw a picture of them.
- **List of Games** : You can also ask your elders and compare any old and new games and discuss it in the class.

Significant change

There are some events which bring a big change in the sphere of society, science and important aspects of life. Such events are called turning points. For example, the invention of electricity has enabled us to have light even at night and many new devices have been made using it. The development of the internet has brought about a revolution in communication and education. You too should identify such changes in your life too and discuss it so that it can be understood that how some changes have an impact on a large scale.

Activity -

- Have you seen a change in your life that changed everything?

Progress and decline -

Some changes make life better while some bring problems. Improvements in medical science made it possible to treat diseases. Mobile phones and Internet connected people and improvements in the means of transport made travel easier. At the same time, pollution increased with progress due to growing industries, some traditional arts are disappearing due to technological development and the excessive use of plastic is harming the environment. It can be discussed with children whether all changes are good. They can discuss the positive and negative aspects of the changes.

Change and continuity are part of life. Some changes are gradual, like our clothing and food habits. Some big changes come suddenly, like the invention of electricity or the advent of mobile phones. Some changes remain forever, like the love of family, friendship and the joy of festivals. It is important to understand that every change can have both good and bad effects, so we must decide wisely which changes have to adopt and which have to ignore.

Progress (Positive change)	Degradation (Negative Impact)
Improvements in medical science made treatment of diseases possible.	Pollution increased due to increasing industries.
Mobile phones and the internet connected people.	Some traditional arts are disappearing due to technological development.
Improvements in means of transportation made traveling easier.	The environment is being harmed due to the increasing use of plastic.



Find out -

- Can you see any changes surrounding you that have made life easier or difficult? Find out about these from your family or elders and share your experiences in the class.
- Talk to your grandparents or parents and find out what games were popular in their times and what kind of communication tools they used. Share your understanding with the class.
- **News Search Activity:** Search the news related to environmental changes from newspapers or internet and share it in the class.



Practice Work

➤ Choose the correct answer -

1. Which of the following means of transport was used first?
(a) Aeroplane (b) Bicycle
(c) Bullock cart (d) Motorcycle ()
2. What did the early people use for communication?
(a) Mobile phone (b) Telephone booth
(c) Email (d) Internet ()

➤ **Match-**

Transportation	Gilli-Danda
Communications	Clay stove
Game	Mobile phone
Cooking utensils	Bullock cart

➤ **Fill in the blanks -**

1. Earlier was used for cooking food. But now gas stove and induction are used.
2. In olden time, people used to write letters, now they use.....
3. Old modes of transport included.....and..... while nowadays, people use airplanes, cars and ships.

➤ **Make a List -**

- Name three things that have changed over the time.

➤ **Discuss at home and answer based on your experience -**

- Draw diagrams of old and new transportation systems and discuss their uses and changes.

➤ **Discuss -**

- Discuss the topic "Are all changes good?" and argue which changes are beneficial for society and which ones may be harmful?

➤ **Prepare the report -**

- Prepare a presentation on your regional culture, food, language and traditions and present it in the class.

**Change is the law of nature.
Every change brings a new opportunity**

Lesson - 10

Meera Learnt the Map



(Father and Meera are sitting in the courtyard of the house. A map is spread in front of Meera.)

Meera : (staring at the map) Papa, what is this? It looks like a paper full of jumbled lines.

Father : (laughing) Hey daughter! This is a map. It shows the entire route and important places of our village.

Meera : (surprised) Map! But how do these lines and symbols tell us where to go?

Father : Okay, let me explain it to you. Look, this symbol on the top shows the north direction. In the map, north is always up.

Meera : (thinking) So it means the downward direction is south.

Father : Absolutely right! East on the right and west on the left. Now look, this round mark is the well of the village.

Meera : (excitedly) Oh! And these square marks?

Father : This is our Panchayat Bhawan. These lines show the roads of the village.

Meera : (with sparkling eyes) So it means that with the help of map we can reach anywhere without forgetting the way or taking a new route!

Father : Yes, the map is not just for showing the way. We can also know which places are in which direction with the help of it?

Meera : (surprised) How come?

Father : Yes, that is true. Let's do an exercise. Suppose we have to find the village market according to this map

Tell me, which direction should I take?

Meera : (looking at the map) Towards the east of the north.

Father : (clapping) Well done, Meera! Now you are learning to read maps.

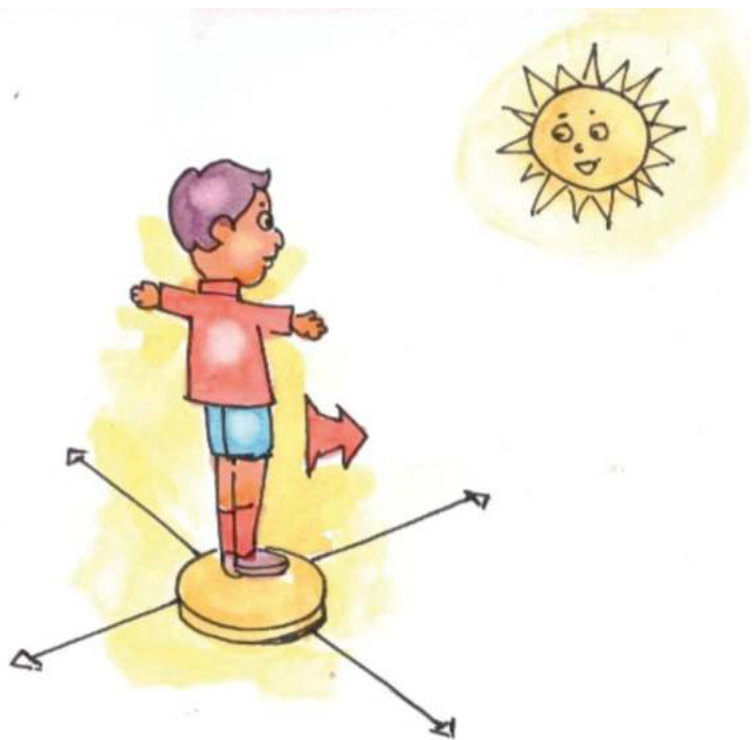
Meera : (Happily) Now I will make the map from my house to the pond myself.

Father : And yes, Meera, remember! While making a map, always keep the north direction on top and mark the important places with the correct symbols.

Meera : (enthusiastically) Now I will teach all the children of the village to make maps!

(they both laugh and prepare to make the map.)

You used right and left to explain directions in class 3. Now let us try to understand it in another form. For example, if you have seen the sun rising, then that direction is east and the direction in which it sets is west. So come, let us sing a poem on it -



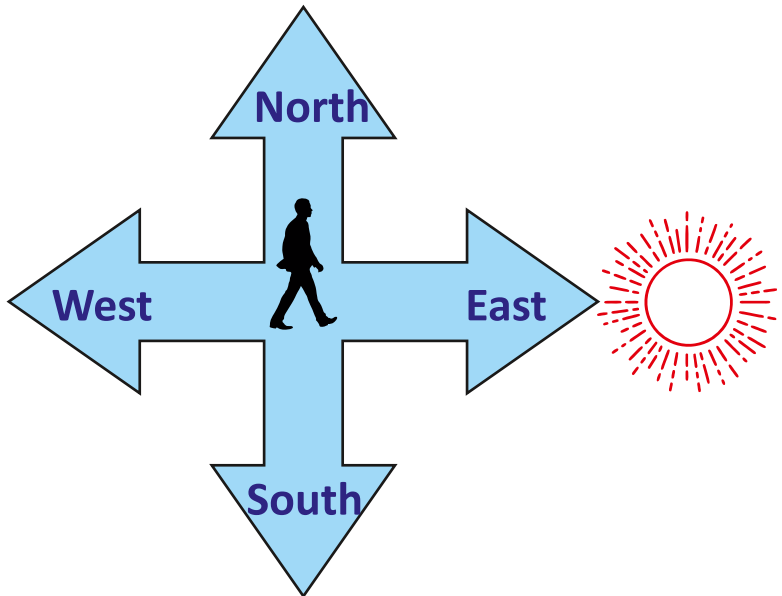
Activity-1 : Four Directions (Poem)

You are standing facing the rising **Sun**.
East is right in front of you and West is behind you.
North is on your left and South is on your right.
There are four directions-
East, West, North, South.

(Source- Dwarika Prasad Maheshwari, 'Children's Song Collection' from Rudraditya Publications)

Activity-2

1. Stand facing the direction from where the sun rises in your school, i.e. the east direction. Now what objects can you see in front of you, i.e. in the east direction? Make a list.



East Direction (Front)	West direction (behind the back)	North direction (left)	South direction (right)

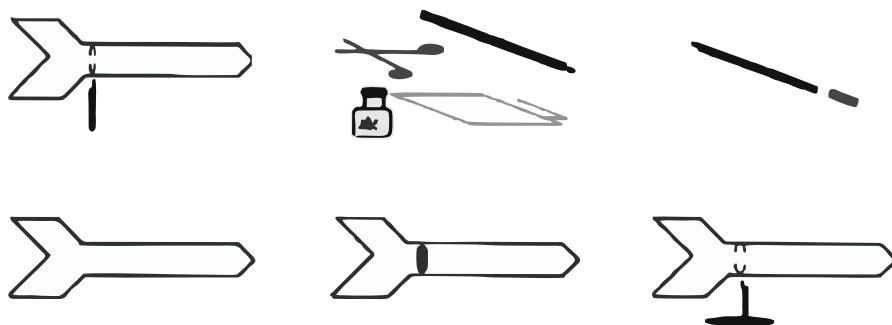
-
2. Now stand facing north.
 - (a) Which direction is on your left hand side? What is in this direction?
 - (b) Which direction is on your right hand side? What is in this direction?
 - (c) Which direction is behind you? What is in this direction?

We can also use direction arrows to identify directions. You can also make it with the help of your teacher.

Activity-3 : Compass to find direction

You will need these things to make it – an old refill, scissors, paper and glue.

1. First cut the back part of the refill with scissors as shown in the picture below.
2. Now cut two big arrows from the paper with scissors.
3. Apply glue on both side. Place the part cut from the refill in the middle of an arrow. Place this part in the middle, as shown in the picture.
4. Stick another arrow on top of this so that the refill part remains in the middle and you have a big arrow.

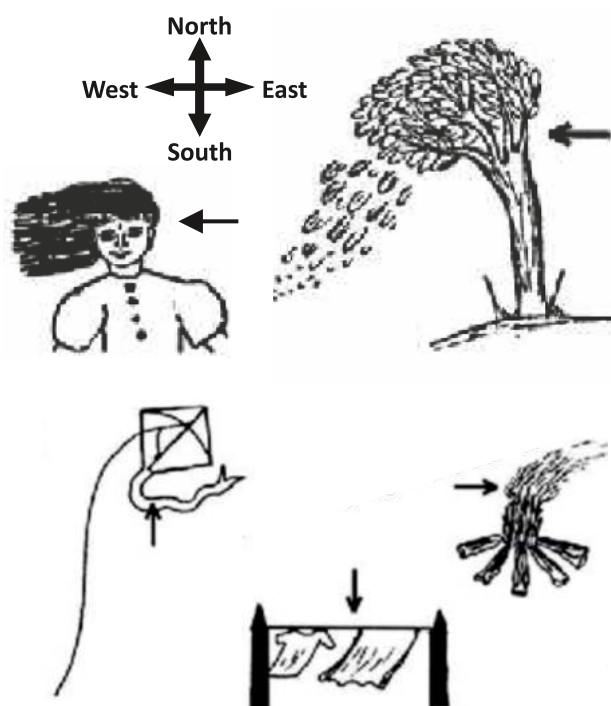


To complete the wind direction indicator, place the refill part of the arrow on the gel tip. Now when you hold it in the moving wind, the wider part will turn the arrow and the arrow tip will show which way the wind is blowing.

From which direction the wind is blowing? Tell with the help of the given picture.

- By looking at these, will your friends be able to tell from which direction the wind is blowing?

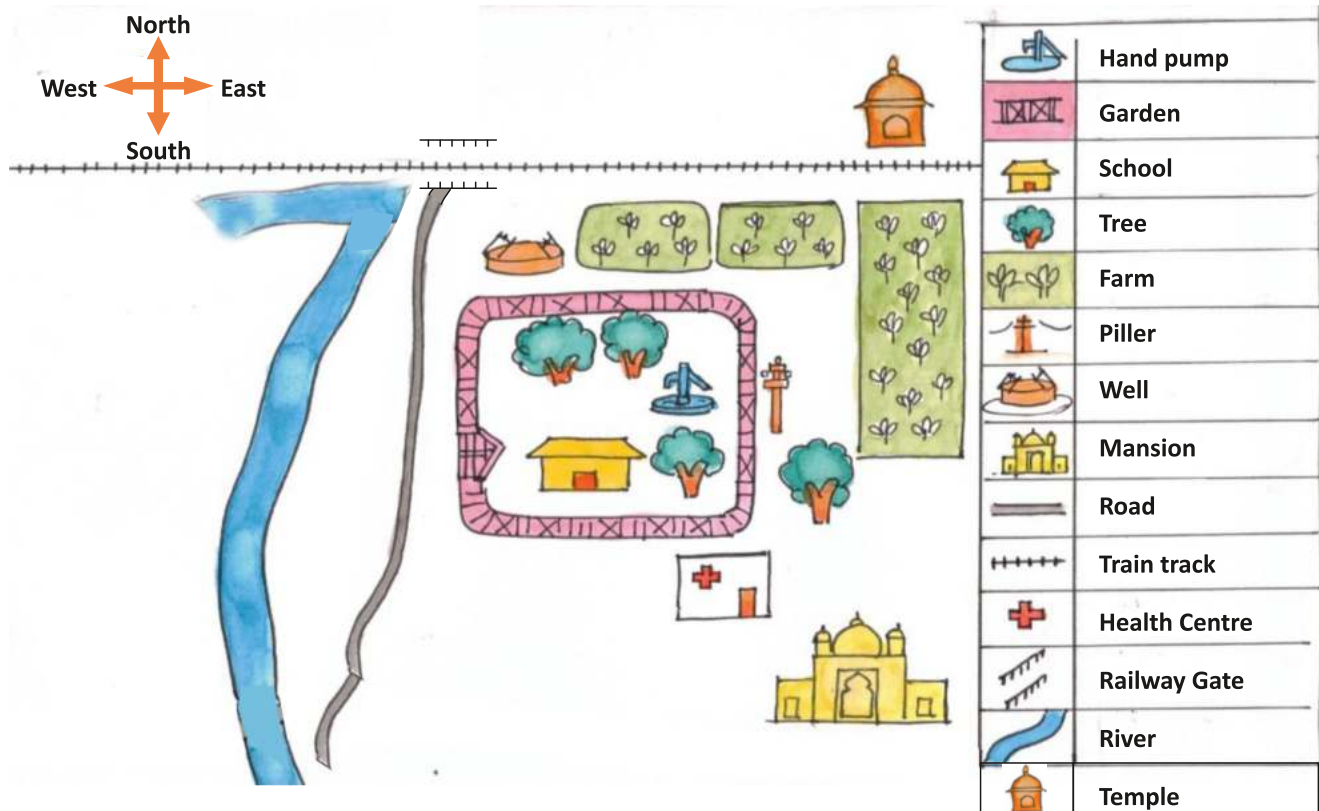
Which way is the wind blowing (by looking at the picture)	Direction
Hair	
Tree	
Kite	
Fire	
Clothes	



You have identified the directions surrounding your school. Now let us see how directions are shown on a map. In a map, North is always at the top, East is on the right, West is on the left and South is at the bottom.

This map has been made by Ishaan. This is a map of the area

around his school. He has also made a code list for the map. Fields, gardens etc. are shown in the map. A code list has been made to show them. Look at it carefully. How are the temple and haveli shown in the map? How many trees are there? Ishaan has made direction arrows to help you.



Activity - 4 :

- Answer these questions by looking at the map and the code list -
 - In which direction is the hand pump of Ishan's school?
 - In which direction is the road from Azad's school? (Tell about both the roads)
 - In which direction is the railway line from Ishaan's school?

1. Look at the signs in the map and answer the questions-

- (a) Which village has two wells?
- (b) Which village is near the railway track?
- (c) Through which villages does the river flow and how many bridges are built over it?
- (d) Which crop is found in all three villages?

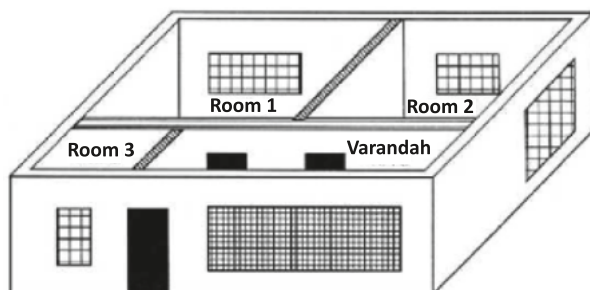
2. Write true or false-

- (a) There is a hand pump in Bhumkadhana. ()
- (b) Pushpanagari is on the bank of the river. ()
- (c) There is a primary school in Bhumkadhana. ()
- (d) There is a factory on the west side of Bhaktakadhana. ()
- (c) If you want to go to Pushpanagar from Bhumkadhana, you will have to go towards east. ()

3. If every household has five members, then what will be the population of the three villages?

- a. Bhumkadhana
- b. Bhaktakadhana
- c. Pushpanagari

Have you ever thought how the school-drawing you made is different from a map? The purpose of a drawing is to show beauty and imagination and to give accurate information about places. Discuss this in detail with your teacher in class.



The following are the points to be noted here-

- a. Objects are shown in pictures as they actually appear.
- b. Objects in a map are shown by marks, lines and symbols.
- c. A picture is made by looking at a place from the edge.
- d. The map is made by looking from above, as if looking from the sky.
- e. It is not necessary to use scale in the drawing.
- f. Scale is used in maps so that the ratio of actual distance and map distance remains correct.

How is a map made?

1. **Materials** : Matchsticks (for scale), chalk and paper.
2. **Scale** : One stick is considered equal to one step. For example, if the wall of the room is 10 steps long then in the map it will be equal to 10 sticks.
3. **Making a Map** :
 - Show length, width, doors, windows of the room and so on, on the map according to the scale.
 - Use signs and symbols.

Activity - 6 : Measuring the Classroom

1. **Determine the scale** -
 - One matchstick = one step.

2. Measure the northern, eastern, southern and western walls -

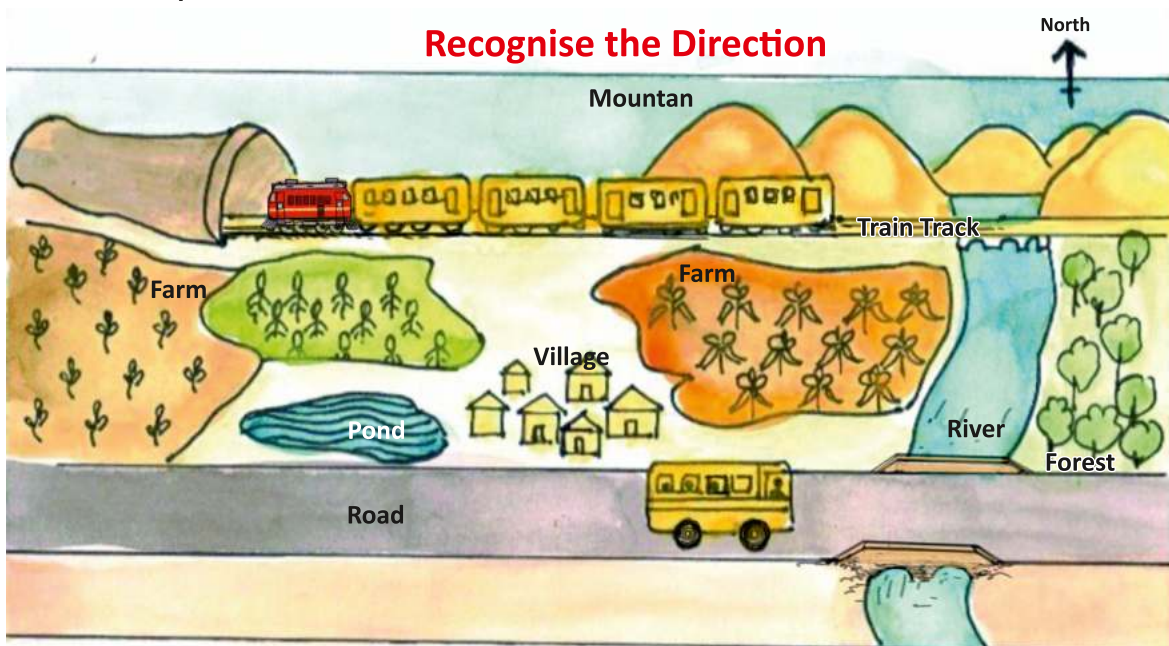
- Measure the length of the wall in steps.
- Place as many sticks close together as the length of the step.
- Example - If the wall is 10 steps long then use 10 sticks.

3. Mark the walls

- After aligning the sticks, draw a line around them with chalk.
- Remove the sticks.

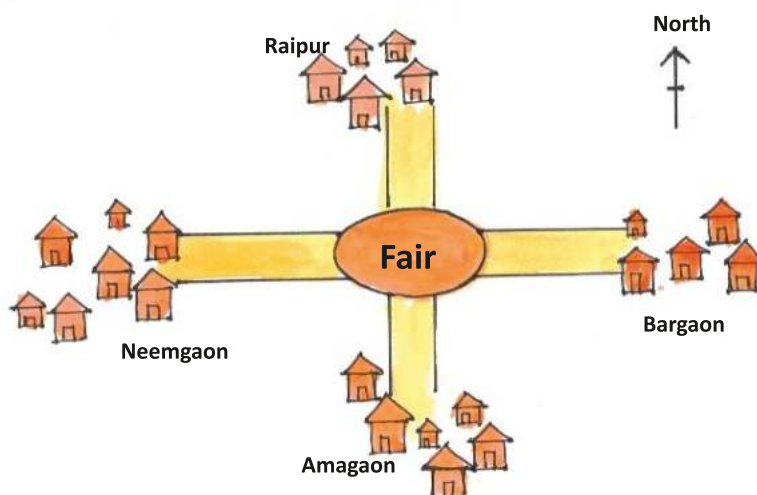
4. Measure other rooms – Measure the walls of other rooms of the school in steps as well.

5. Mark the connecting walls - If the wall of your classroom is connected to another classroom then mark it there in the map.



Practice Work

- Look at the picture given above and answer the following questions -
- In which direction is the train going?
 - The river is flowing from the mountain towards the road. In which direction is it flowing?
 - In which direction is the bus going?
 - In which direction of the pond is the field?
 - In which direction of the village is the river- east or west?
 - Name three things on the southern side of the train?
- There is a field in the middle of the picture given below. There is a fair going on in the field. There are villages all around it. People from all the four villages want to go to the fair. Some sentences are written below. You have to tell which sentence is correct and which is wrong.



➤ **Look at the map and mark true or false -**

1. People of Raipur village will go towards north to see the fair. ()
2. The people of Neemgaon will go to the direction from which the sun rises to see the fair. ()
3. The people of Bargaon will go to the west direction to go to the fair. ()
4. The people of Amagaon will go to the direction in which the sun sets to see the fair. ()

➤ **Write the answers of the following questions by looking at the map -**

1. In which direction will the people of Neemgaon have to walk to return from the fair?
2. If you want to go from Bargaon to Neemgaon, in which direction will you go?
3. If one has to go from Bargaon to Aamagaon, in which directions will one have to walk?
4. Raju reached Amagaon from Neemgaon. In which direction did he walk to reach the fair? Then if he goes in the north direction, in which village will he reach?

North South East West.
Now we have memorized all the rules.

Lesson - 11

Map



New Route

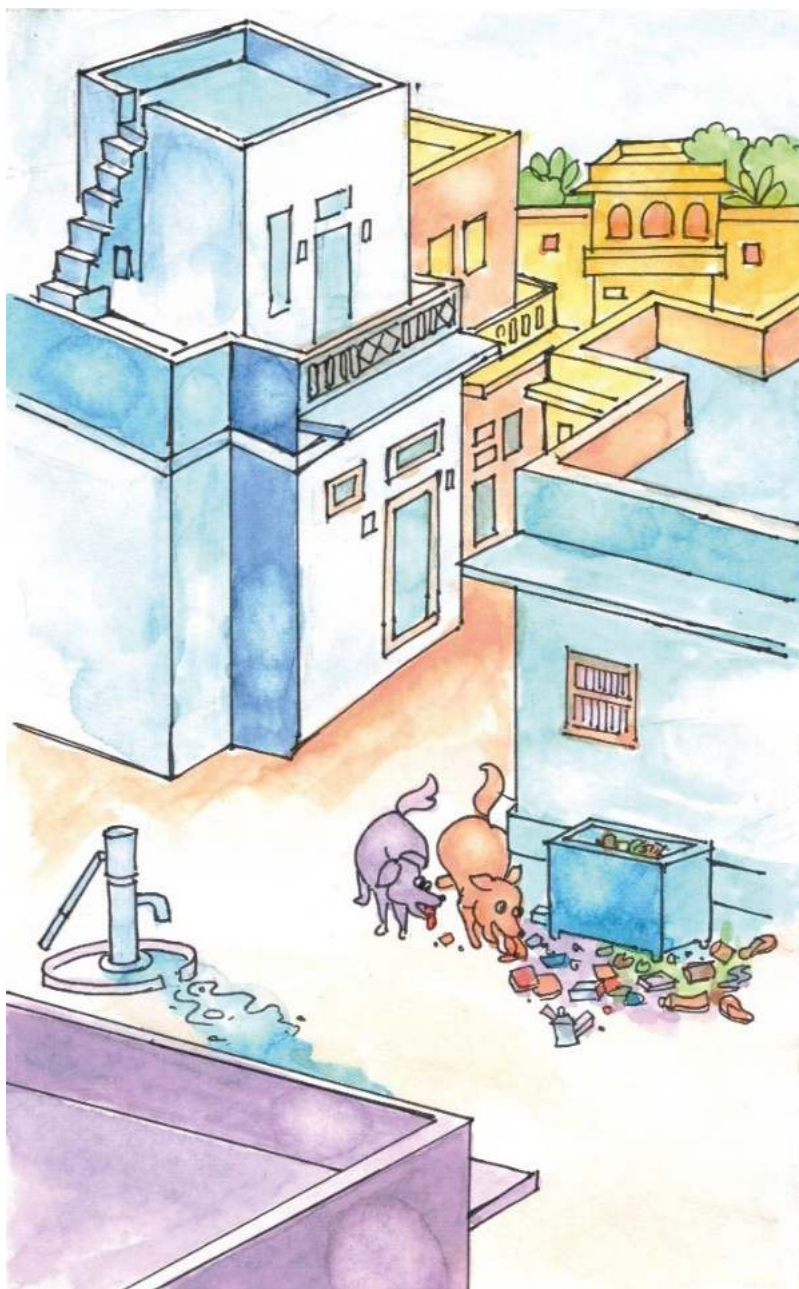
Asha and Nisha used to go to school every day by the same route but due to heavy rain two days ago, their path was filled with mud.

"What should we do now? We can't go this way." Asha said worriedly.

Nisha thought and said, "We can find a new route in the village map!"

He looked at the map on the Chaupal, keeping in mind the direction of his school. There was a small lane going through the middle of the village which led straight to the school.

"If we go to the well first and then turn near



the PHC, this path can take us to the school.” Nisha said excitedly.

Asha nodded understanding the directions in the map, “We also have to look at the way markers like – there is a big peepal tree near the PHC and there will be a sweet shop on the right.”

Both the children tried to go by a new route. On the way they identified places as per the map. Like- well, chaupal, PHC, sweet shop etc. Finally they reached school safely on time.

Now try making a map of your village or locality. If you have to find a new path, how will you identify it?

My street, your street

My name is Sanju and my village is quite big. There are many houses, shops and farms in it. There are many streets in this village. Big and small, wide and narrow too. I am giving the map of the street where I live.



Sanju's Village

Write sentences below about the street map made in your notebook. For example- There is a tailoring shop in my street. There is a grocery shop to the east of the tailoring shop.

Tell -

- What is there to the west of the tailoring shop?

- 
- What is there to the north of the flour mill?
 - What are the water resources in the map?
 - What is there to the north direction of the temple?
 - Which public places are shown in the map?
 - Build a mansion to the north direction of the temple?
 - Build a primary school to the south of Sanju's house?

Activity - 1

1. Make a similar map of your street. When you reach home, compare the map with your street.
2. Have you made the shop, house and all the places? If something is missing, make it too.
3. Think of suitable symbols for the places in my map and your map. Make this map using these symbols in your notebook.

Activity - 2

“If I draw a Map then” (Show your Village / Locality on the Map)

- Ask children to make a simple map of their village / locality keeping in mind the directions which include panchayat, school, roads, wells, hand-pumps , trees, shops, temples , rivers, railway tracks and other public places.
- Talk to any elder in the family (grandparents, mother, father, uncle, aunt) and find out-
- What things are there to the north of your house?
- Which places are there to the south of your house?

- Which shops, places, buildings are there in the east direction of your house?
 - In which direction is your school from your house?
 - Show the public places of your village?
- Which natural places (like forest, lake, mountain or desert) are there in your village?

Our State

We live in the state of Rajasthan. Our state is located in the western part of India.

The area of Rajasthan is 3,42,289 sq km. It is the largest state in the country in terms of area. According to the census of 2011, the population of Rajasthan is 6.68 crores. At present, there are 41 districts in Rajasthan. Rajasthan is very diverse in terms of language and dialects. For example, Marwari, Mewari, Hadoti, Mevati, Shekhawati, Vagdi, Bagdi, Braj, Dhundhadi etc.

Map of
Rajasthan



Map is not scale.

- 
- ❑ Read the names of the districts on the map of Rajasthan.
 - ❑ Tell the total number of districts in Rajasthan.
 - ❑ In which district do you live ?
 - ❑ In which districts do the people known to you live ?
 - ❑ Which districts have you travelled to ?
 - ❑ Share your experiences with your class. Also listen carefully to your teacher's experiences.
 - ❑ Write the names of the neighbouring districts of your district.
 - ❑ What language or dialect is spoken in your area?

You can identify Rajasthan on the map of India. As you know that Rajasthan is the largest state.

Some of its main geographical features are-

- ❑ **Geography of Rajasthan-** Desert (Thar), Aravalli Ranges , Major Rivers (Chambal, Banas, Luni, Mahi).
- ❑ Locate the major rivers on the map of Rajasthan and tell through which districts they flow?
- ❑ **Historical sites of Rajasthan-** Locate the districts of Amer, Chittorgarh, Jaisalmer, Kumbhalgarh, Mehrangarh on the map of Rajasthan.
- ❑ **Major cities and districts of Rajasthan-** Locate the major cities like Jaipur, Jodhpur, Udaipur, Barmer, Bikaner, Ajmer, Kota etc. on the map of Rajasthan .

Activity - 3

- ❑ Identify your district on the map of Rajasthan and fill it with the colour of your choice.
- ❑ Colour the neighbouring districts of your district with different colours.
- ❑ Looking at the map of India, write the names of the neighbouring states of Rajasthan.
- ❑ Rajasthan shares its border with a neighbouring country, what is the name of that country ?

Activity - 4 : Do it with the help of your teacher –

- ❑ From the map of Rajasthan displayed in your school, find out what is the approximate distance from the northern border to the southern border and from the eastern to the western border of Rajasthan.
- ❑ Show the major wildlife sanctuaries of Rajasthan (Ranthambhore, Sariska, Keoladeo, Desert National Park) on the map of Rajasthan.

Activity - 5

Draw the symbols used in making maps. Like-

- Road
- River
- Railway track
- School
- House



- 
- Temple
 - Handpump
 - House
 - Pillar
 - Field
 - Tree
 - Well
 - Garden (Bada)
 - Health Center

Practice Work

➤ Write

1. Which are the major dialects spoken in Rajasthan?
2. In which part of Rajasthan is the Thar Desert located?
3. Which districts of Rajasthan are mineral rich?

➤ Try Doing Them -

1. Draw a picture showing men and women in the traditional attire of Rajasthan.
2. Imagine a 'Rajasthani Market' and list the items available there.

- 
3. Find out which major fair is held in your district and show it on the map of Rajasthan.

➤ **Do it yourself-**

1. Which crops are grown in your village? Are these crops grown in other parts of the state too? Make a list of all these crops.
2. Can you tell the characteristics of the soil of your village or panchayat? You can take the help of your teacher for it.
3. What are the trees and plants in your village and nearby areas? Make a list of these and tell their characteristics or identification?

➤ **Get information from the people in your home or community about-**

- ❑ What are the major industries in your village or district and how are they connected to other parts of the state?
- ❑ Do the materials used in the village (such as construction material- wood, soil, water, cement, sand etc.) come from other places of the state? If yes, make a list.

- The map shows the direction of knowledge.
- The first step to knowing the world is the map.

Lesson - 12

Magic of Shapes



When Manu saw the magic of trees!

One day while playing in the school ground, Manu and her classmate Manya saw some strange shapes under the trees. Manu noticed that one leaf was round in shape while the other was long and spiral. Manya asked in surprise, "Manu, why are these two leaves not same? Do they come from the same plant?"



This question inspired them to look more carefully at the shape of the leaves and the form of the trees. Both of them went to a nearby garden and started looking at the trees there carefully.

Activity 1 : Observation of trees and leaves

Students should be asked to go under different trees and collect leaves of different shapes and they should be asked the questions given below-

- Observe the size and shape of all the leaves.

- ❑ Can you divide the leaves into different groups based on their shape?

Conclusion : Leaves are not of the same type. Their size, shape and texture can vary.

Both of them moved forward and saw that some trees were tall and thick while some were short and thin. Manya observed that the branches of the trees were also spread in different directions. Some were growing straight upwards while some were bent.

Activity 2 : Comparison of tree shapes

Form a group of 3 to 4 children and observe the size and height of different trees.

Now you tell-

- ❑ Why are some trees tall and thick while some are short?
- ❑ Are there different trees in different environments?
- ❑ Does the environment affect the size of trees?



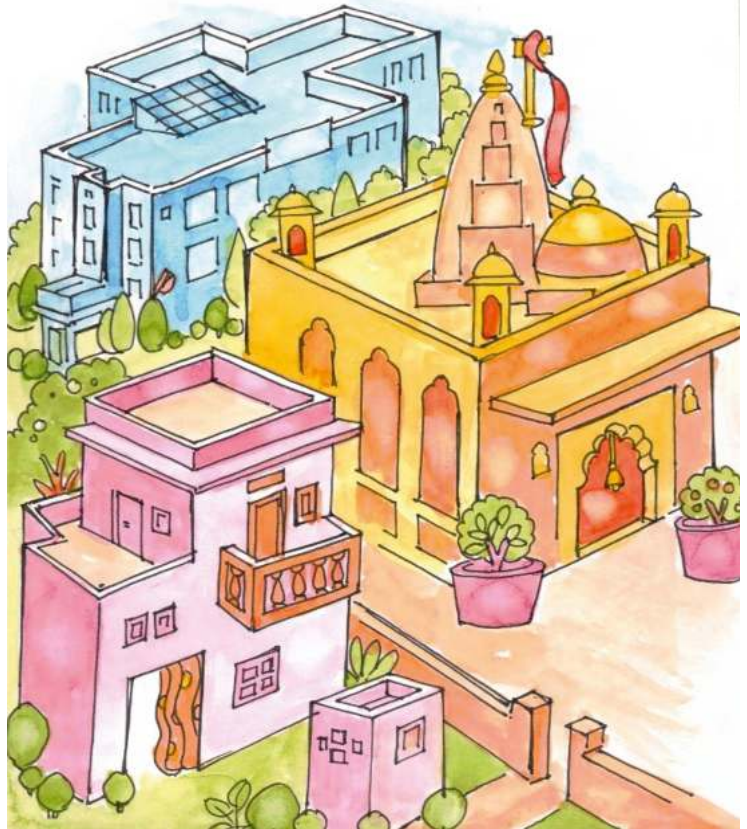
Conclusion : There are different types of trees and plants. Hence, their size, shape and structure can be different.

After that Manu and Manya saw that there were many types of structure around the garden, the walls of an old temple, a school building and some huts.

Manu thought, "If trees and their leaves can be of different shapes, then can objects made by humans also be of different shapes?"

Activity 3 : Comparison of natural and man-made structures

Children should be asked to observe the buildings and objects around the school and compare them on the basis of their shapes. They should also be asked these questions-



- ❑ What is the difference between the shape of a school building, a house and a temple?
- ❑ Are all bridges, houses and mansions of the same size? If not, why?

Conclusion : Things made by humans also have different sizes and shapes according to different needs and uses.

Now Manu and Manya understood that not every object in the world is the same. Variety of shapes makes life beautiful and there is some reason for the shape of every object.

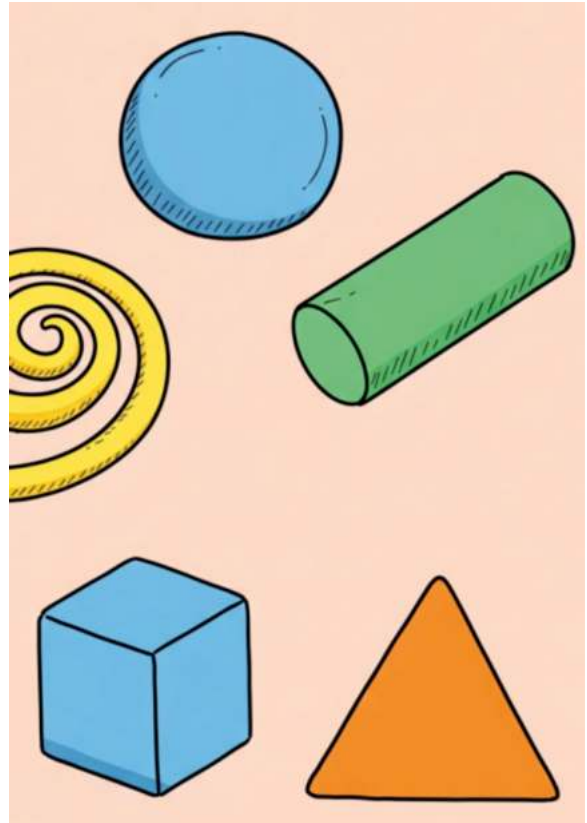
Are shapes used only to bring beauty in the appearance or do they have any special significance?

Activity 4 : Discussion on the utility of shapes

Show children objects of daily use (like- ball, book, bottle, umbrella etc.) and ask them-

- ☐ Why are wheels always round in shape?
- ☐ Why are books in rectangle shape?
- ☐ Why is the shape of an umbrella round and long?

Conclusion : The shape and size of an object is chosen to make its use easy.



Different types of shapes

Manu and Manya now understood that the shape and size of trees, leaves, buildings and objects are not just coincidental. They evolve according to their function and environment.

Practice Work

➤ Choose the correct answer-

1. In which object did Manu and Manya see the difference first?
 - (a) Height of trees
 - (b) Shape of leaves
 - (c) Color of flowers
 - (d) Soil texture



2. What affects the size of trees?
(a) Their age (b) Their environment
(c) Their colour (d) Their position ()
3. Why is there difference in the shapes of structures made by humans?
(a) All are made in the same shape.
(b) According to their need and use.
(c) According to the choice of the artisan.
(d) This is a natural law. ()
4. Why are wheels always round in shape?
(a) It looks good.
(b) Round objects are stronger.
(c) It can be moved around easily
(d) They are easy to make. ()

➤ **Fill in the blanks-**

1. Manu and Manya looked at the figures of under the trees.
2. The size, shape and texture of all leaves is not.....
3. Some trees are tall and thick while some are thin and.....
4. Objects made by humans have different shapes and sizes according to.....and.....
5. Round wheels can..... easily so they have this shape.



➤ **Match-**

Column 'A'

Leaves

Height of trees

Shape of book

Wheel size

Manmade objects

Column 'B'

Varies according to the environment

Is usually rectangular

Are found in different shapes

Are made in different sizes as per usage

Is round so that it can be rotated easily

➤ **Answer the following questions in 2 to 3 sentences-**

1. What difference did Manu and Manya see in the leaves?
2. Why does the height of trees and the structure of branches vary?
3. Why do objects made by humans have different shapes?
4. What is the importance of shape in objects of daily use?
5. Are all bridges and buildings of the same size?

➤ **Do it yourself-**

1. **Collection of leaf shapes** : Collect different types of leaves. Paste them in your notebook and classify them based on their shapes.
2. **Study of trees** : Observe at least five different trees around you and write a report about their height, thickness and direction of branches.
3. **Analysis of man-made objects** : Choose five objects in your house and write a brief description about their shape and utility.



4. **Importance of Shapes** : Discuss in the class how shapes affect the functionality of different objects.

➤ **Group discussion-**

- ❑ Divide the students of class into two groups.
- ❑ One group will discuss on 'Waste Management Measures'.
- ❑ The second group will discuss on 'Water and Energy Conservation Measures'.
- ❑ Each group will make a poster and illustrate their ideas.
- ❑ At the end both groups will react to each-other's posters.

➤ **Sorting waste** : Keep a dustbin in the classroom and dispose of plastic, paper and other waste after properly segregating them.

➤ **Make a plan** : We can perform compassionate work in our surroundings. For example, take care of a pet or bird. Share your plan on this in the class.

**Shapes are not just pictures,
they are expressions of thoughts.**

We Learnt and Understood - III



(A) Oral Questions -

(To be asked by the teacher to the students and to be assessed by preparing individual / group-wise checklist as per need)

➤ Conversation based questions -

1. Which coarse grains are grown in your village?
2. If you had to start a cleanliness drive in your neighbourhood, how would you start?
3. Have you ever played shadow game by making animal shapes with your fingers? Which animals did you make?
4. Which plants and animals are found in the desert areas of Rajasthan?
5. What is the difference between the games in grandfather's time and today?
6. What is the difference between writing a letter and talking through a mobile phone?
7. Is there any tradition in your family that has been going on for years?
8. Stand in the classroom and point towards north, south, east and west.
9. If the road to your school is closed due to rain then how will you find a new route?

- 
10. Name any two districts shown in the map of Rajasthan.
 11. Tell about any special place in your village or locality and explain the way to go there.

(B) Written Assessment-

➤ **Choose the correct answer-**

1. Which problem can be caused by plastic?
(a) The soil becomes fertile
(b) Water logging and diseases increase
(c) Water gets pure (d) Air gets pure ()
2. Which desert animal has greater ability to camouflage?
(a) Chital (b) Unicorn
(c) Squirrel (d) Chameleon ()
3. With what is the importance of Pokharan associated?
(a) Missile testing
(b) Nuclear testing
(c) Agricultural Development
(d) Water Conservation ()
4. Which example of change is correct?
(a) Earlier people used to cook food on earthen stove and now they use gas stove.
(b) Earlier children did not go to school and even now they do not go.

Earlier people used to draw water using electricity and now they fill water from the well using buckets.

()

5. Which direction is always on top in the map?

(a) North (b) South (c) East (d) West ()

6. Why did Asha and Nisha change their route to school?

(a) The school was closed

(b) The road was filled with mud due to rain

(c) The road was very long

(d) The school was new ()

7. What differences did Manu and Manya notice in the size of the trees?

(a) Same size

(b) Some big and some small

(c) All were of equal size

(d) All were oblong in shape ()

➤ **Choose correct word from the brackets-**

1. Millet flour is more nutritious and than wheat flour. **(light/heavy)**

2 tanks were built in every locality of the village. **(water/milk)**



3. A seed needs and..... to germinate.

(Air and sunlight / water and soil)

4. Manoj's family earns some money by selling the
gets from Kajri. **(milk/cereal)**

➤ **Fill in the blanks-**

1. When we throw garbage here and there, brings it into the streets.
2. We should throw garbage in only.
3. Ramdevra fair is organised every year in the month of
4. The shadow is shortest when the sun is
5. Camel is called of the desert.
6. is grown as Kharif crop in Rajasthan.
7. Earlier houses were built in Rajasthan and now and houses are built.
8. direction is always up in the map.
9. Water and energy conservation helps to protect the
10. Structures made by humans also have

➤ **Match-**

Column 'A'

Pieces of glass
Electronic waste
Shadow in the night
Becoming a shadow

Chameleon
Ramdevra
Mud house
Bullock cart
Letter
Gilli Danda

Column 'B'

Put in separate bin
Give at e-waste center
Light hitting an object
Can be made from the light of the moon

Located in Jaisalmer district
Able to camouflage
Mobile phone
Video games
Bus and Train
Concrete and brick houses

➤ **Write True / False-**

1. Eating plastic does not harm animals. ()
2. Cleaning should be done by throwing the garbage into the rain water. ()
3. Solar eclipse occurs due to the shadow of the moon. ()
4. There is no shade near the water bodies. ()
5. Babool and Khejri are found in the desert of Rajasthan. ()
6. Pilgrims go to Ramdevra only by vehicles and do not travel on foot. ()

- 
7. Earlier people used to play video games and now they play kite flying. ()
 8. Change and continuity means that some things change and some things remain the same. ()
 9. Asha learnt to read maps from her friends. ()
 10. Panchayat makes plans for the development of the village. ()
 11. Throwing plastic bottles into the river is harmful for the environment. ()
 12. Pokharan is located in the Udaipur district of Rajasthan. ()

➤ **Write answer in two to three lines (20-30 words)-**

1. What are the benefits to our body by eating coarse grains?
2. What modern facilities did Nishant and his family have seen in the village?
3. What are the main steps in the process of seed germination?
4. What is the reason that camels can walk easily in the desert?
5. According to grandfather, which games were played in his time?
6. What three things are required to form a shadow?

- 
7. What problems can be caused by throwing garbage here and there?
 8. How do businesses depend on plants and animals in villages?
 9. What diseases can be caused by dirt?
 10. What is the difference between solar eclipse and lunar eclipse?
 11. What is the difference between Kharif and Rabi crops?
 12. What is the meaning of Change and Continuity?
 13. What is the main difference between the games of grandfather's time and today?
 14. What types of traditional clothes are still worn in Rajasthan?
 15. What are the benefits of reading a map?
 16. What measures will you take to save energy at your home or at school ?

(C) Activity Work-

➤ Draw a picture-

- Draw a diagram depicting solar eclipse.
 - Draw a diagram of the old and the new means of communication.
2. Identify the type of soil found around your home and write a short essay on its characteristics.

- 
3. Ask your grandparents or parents what life was like in their childhood and compare it with life today. Write a short report on it.
 4. Make a simple map of your village or locality and show your school, house and other important places on it.
 5. Collect paper and plastic waste in your class, classify the waste and try to understand recycling measures.

➤ **Survey work-**

- Ask your grandparents or parents about the education system of their time and compare it with today's education.
- Make a list of traditional occupations in the village and see how many of them are still prevalent today.
- Prepare a list of major cultural festivals of your village and write their importance.

➤ **Report writing-**

- Prepare a report in 5-6 sentences on a traditional art/occupation of your region.

Lesson - 13

Panchayati Raj



Teacher : Children, in your Gram Panchayat there are Sarpanch, Up Sarpanch and Ward Panch, right? Can anyone tell us who the Sarpanch is and what work he/she does?

Ravi : Yes, Sarpanch ji is elected by the public. He makes plans for the development of the village and tries to solve the problems of the village.

Seema : He builds roads, installs hand pumps for water and takes care of the cleanliness of the village.

Teacher : Seema is right. Panchayat takes responsibility for many tasks of the village. Come, let's know who are the people in Panchayat?





Also Panchayat is a system of local self-government in India which includes representatives of different classes and communities elected by the people of the village. These can be farmers, labourers , teachers, small businessmen and other professionals. In India, seats are reserved for women in panchayats, which ensures their participation.

Gram Panchayat receives grants under government schemes. These are used for the maintenance and development of roads, schools, health centres, water sources and public facilities.

Let's Discuss :

1. Have you ever seen a Panchayat meeting in your village?
2. Is there any problem of drainage , road cleaning etc. in your street? If yes, to whom do the people of the village go with that problem?

Do you know how Panchayat members are elected?

Panchayat members are elected through the elections of the village Gram Sabha. There are 5 to 15 members according to the population of the village, which includes Sarpanch and Deputy Sarpanch. These members take care of the development, cleanliness, health and public facilities of the village.

Do you know that there are other levels of Panchayat system above the Sarpanch who work for the development of the entire district?

Kishan : What do you mean? Is there anyone senior than the Sarpanch?

Teacher : Yes, just like there is a Gram Panchayat for a village,



there is a Panchayat Samiti for the entire block and a Zila Parishad for the entire district. Today we will learn about these.

Panchayat Samiti - Block Level Self Government

Teacher : Children! Let us understand through a story what a Panchayat Samiti is?

There were some problems in the village Maniyan. For example, there was no water pipeline in many places and a new school was needed for the children. The village Sarpanch raised the problem in the block Panchayat Samiti meeting. The head and the other members of the Panchayat Samiti listen to the problems of the villages and seek help from the government to solve these problems.

What does the Panchayat Samiti do?

- ❑ It works to solve the problems of villages of one block.
- ❑ The Panchayat Samiti members and the Sarpanch sit together and make plans for the development of the villages.

Zila Parishad - District Level Self Government

Teacher : Children, now think that there are many blocks in a district. Every block has a Panchayat Samiti, but who works for the development of the entire district?

Seema : Is there any bigger Panchayat Samiti than it?

Teacher : Yes, there is another institution which is called Zila Parishad.

Just as the Gram Panchayat of Maniyan village had raised the

problems of school and water, similarly the Panchayat Samitis of the entire district raise their problems before the Zila Parishad. The Zila Parishad works for large scale development works. Like-

- ❑ To grant approval for development works of Gram Panchayats through the Panchayat Samiti.
- ❑ Provide electricity and water facilities in villages.



Let's Discuss-

1. Have you ever seen the office of the Zila parishad?
2. What work does the Zila Parishad do for the villages?
Discuss with the teacher and find out.

Election Process : Block and District Level

Seema : The members of Panchayat Samiti and Zila Parishad are elected. When and how are these elections held?

Teacher : Just as the Sarpanch is elected in the village by public, similarly the members of the Panchayat Samiti and the Zilla Parishad are also elected by the public.



Let's Discuss -

- ☐ What is shown in the picture?
- ☐ Why are Panchayat Samiti and Zilla Parishad elections necessary?
- ☐ Are there elected public representatives in your village?
- ☐ If yes, then tell his/her name and for which post he has been elected.

Exercise-1 : Discuss and find out-

1. What work does the Panchayat Samiti do?
2. How is the Pradhan elected?
3. What are the schemes of Panchayat Samiti being run in your village?

Environmental protection and role of Panchayat

Teacher : Panchayat works for development as well as for the protection of environment. In village Maniyan, the Panchayat samiti decided that a tree will be planted in front of every house and blue and green dustbins will be placed for waste management. Along with this, some pictures will be placed near them to tell how to use them.

Let's Discuss-

- ❑ What does the Panchayat do to protect the environment?
- ❑ Do such activities take place in your village too? Talk about them.
- ❑ How can you save water in your home?

So far we have learnt how Panchayats work at village, block and district levels. They carry out works related to education, health, road construction and environmental protection. Representatives elected through Panchayat elections work for the development of villages.

Exercise-2 : Classify-

Classify the following functions under the respective institutions



given below in table:

Functions : To approve for road construction, drinking water supply, Panchayat elections, waste management, tree plantation, works for Panchayat Samiti and Panchayats.

Gram Panchayat	Panchayat Samiti	Zila Parishad

Practice Work

➤ **Choose the correct answer-**

- The Pradhan is elected-
(a) By the public (b) By Panchayat Samiti member
(c) By both (d) By Ward Panch ()
- The District Head is elected-
(a) By the public (b) By Panchayat Samiti members
(c) By both (d) By Zila Parishad members ()
- The Panchayat Samiti member is elected-
(a) By the public (b) By Panchayat Samiti member s
(c) By both (d) By Up Sarpanch ()

➤ **Fill in the blanks-**

- The Panchayat Samiti works at the block level for
- The Zila Parishad works at the level.

- 
3. Panchayat Samiti works for the basic services like and
 4. Panchayats run campaigns to protect the environment.

➤ **Write True / False-**

1. Panchayat Samiti works only at the village level. ()
2. Panchayat Samiti helps in solving the problems of the villages. ()
3. The Zila parishad plans the development work of the entire district. ()
4. Panchayat elections are held every five years. ()
5. The Panchayat does not do any work for environmental protection. ()
6. Panchayat Samiti helps in constructing schools, hospitals etc. ()
7. The Panchayat does not work for waste management.()
8. The green bin is for wet / organic waste. ()

➤ **Match-**

Column 'A'

Zila Parishad

Sarpanch

People's Representative
(Panchayat Election)

Panchayat

Column 'B'

Head of Gram Panchayat

Develops the entire district

Works for development and
environmental protection in
villages.

Elected by the public

➤ **Think and Answer -**

1. What works does the Panchayat Samiti do?
2. What is the difference between Zilla Parishad and Panchayat Samiti?
3. Why are Panchayat elections necessary?
4. What problems can arise if Panchayat Samiti elections are not held?
5. What role does Panchayat Samiti play in environmental protection?
6. Which Panchayat Samiti schemes are being run in your village?
7. If there are no Panchayats, what will not happen and why?

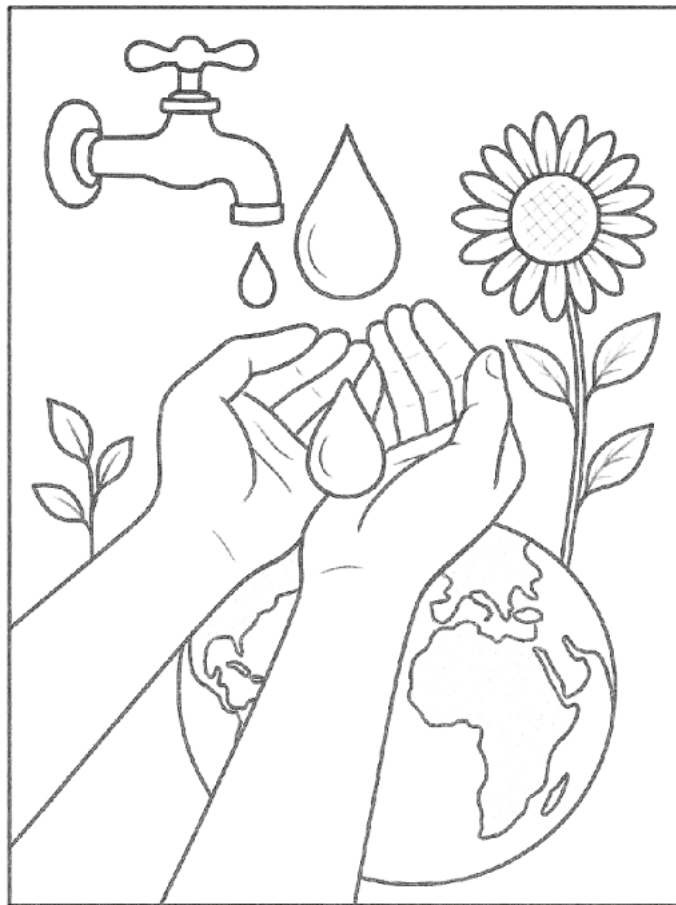
➤ **Whom will you contact for solution of the following problems?**

1. If there is an electricity problem in your village then whom will you contact?
2. If the roads in the village are not being repaired then whom will you complain to?
3. If there is a problem of drinking water in the school, whom will you approach?

➤ **Do it yourself-**

1. If you get a chance to talk to the Sarpanch or Pradhan of the village, what questions will you ask them? Make a list of them.

-
2. Make a poster on 'Clean Village - Healthy Village' with your friends.
 3. Prepare a report on the environmental protection related works done by the Panchayat in your village.
 4. Write a poem on water conservation and present it in the class.
 5. Fill colours in the picture given below -



Water is Life
Nothing exists without water

Lesson - 14

The Secret of Energy and Freshness



Raghav's new morning

Raghav and Aditya were friends. Raghav did not like to wake up early in the morning. He always woke up late and rushed to school. He was lethargic in class and could not concentrate on studies. Aditya, on the other hand, was always full of freshness. He had a sharp memory and was also good at sports. One day Raghav asked Aditya, "How do you always remain so fit and happy?"



Aditya smiled and said, "I do Surya Namaskar every morning. It keeps the body healthy and the mind calm."

Raghav was surprised to hear this, "Surya Namaskar? What is this," he asked curiously.

Activity-

Children, you too think about it...

1. What benefits can we get by waking up early in the



morning?

2. Have you ever done any yogasanas? What was your experience from it?
3. Have you experienced any change in your body by sitting in sunlight?

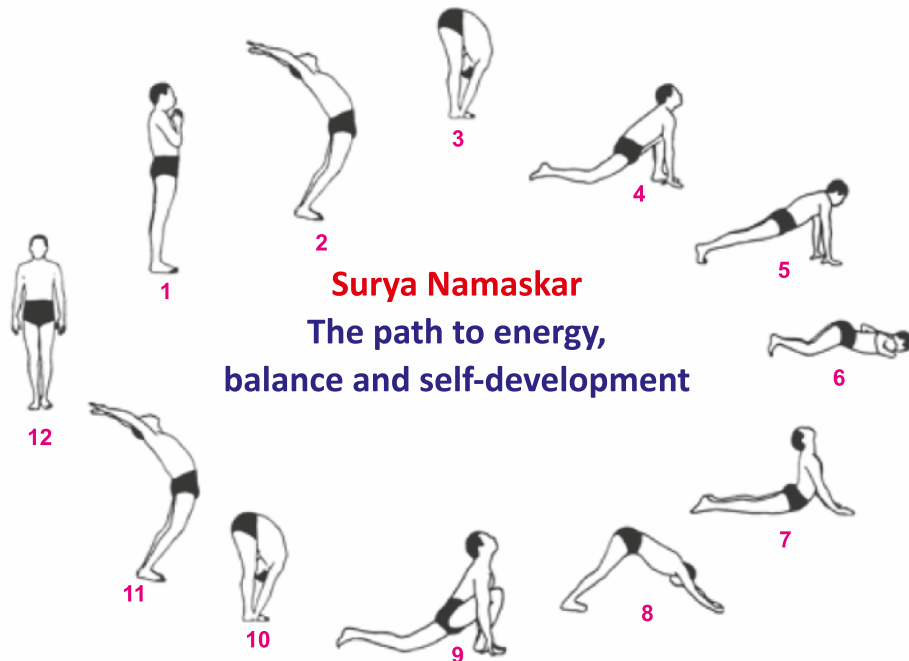
Now we will learn about Surya Namaskar and understand the benefits of doing it.

Surya Namaskar : An Energetic Practice

Surya Namaskar is a special sequence of yoga which consists of 12 postures. It strengthens our body and also calms our mind.

Benefits of Surya Namaskar postures-

1. **Pranamasana (Salutation Pose)**– Calms the mind and improves focus.
2. **Hasta Uttanasana (Hand Raise)** – Makes the body flexible and strengthens the spine.
3. **Paadhasthasana (touching feet with hands)** - Improves digestion and increases blood circulation.
4. **Ashwa Sanchalanasana (One Leg Back Pose)** – Strengthens the legs and helps in maintaining balance.
5. **Dandasana (Shoulder Raise on Hands)**- strengthens the arms, shoulders and back muscles.
6. **Ashtanga Namaskar (Salutation with eight limbs)** – Makes the body flexible and increases self-control.
7. **Bhujangasana (Snake Pose)** – Strengthens the spine and boosts self-confidence.



Surya Namaskar
The path to energy,
balance and self-development

8. **Adhomukha Svanasana (Mountain Pose)**- Improves blood circulation and reduces stress.
9. **Ashwa Sanchalanasana (Bringing the other leg forward)** – Balances the body and improves concentration.
10. **Paadhastasana**– Improves digestion and increases blood circulation.
11. **Hasta Uttanasana**- Makes the body flexible and strengthens the spine.
12. **Pranamasana**- Helps you stay energetic throughout the day.

Learning from the lesson-

Raghav also listened to Aditya and started waking up early in the morning and doing Surya Namaskar. Within a few days, he also





felt refreshed. His concentration in studies improved and he also started doing well in sports.

Children! Now you also think-

1. Do you do yoga every morning?
2. Would you like to start doing Surya Namaskar?
3. Share your yoga practice experiences with the class.

So, let us all make Surya Namaskar a habit and stay energetic throughout the day.

Think and discuss-

1. What effect does it have on your mind and body when you wake up early in the morning?
2. Has it ever happened that you adopted a good habit and it brought about a change in your life?
3. If your friend is always tired, what suggestion would you give him/her to stay healthy?

Now, do the 'Meditation and Thanks' activity -

- ☐ Close your eyes and inhale five deep breaths.
- ☐ Thank the sun heartily for its light and energy.
- ☐ Start your day with yoga and pranayam.

Now let's take a resolution-

"We will do Surya Namaskar every day, stay healthy and inspire our friends too."





Practice Work

➤ **State whether it is true or false-**

1. Body and mind remain healthy by doing Surya Namaskar. ()
2. Surya Namaskar has only five postures. ()

➤ **Fill in the blanks-**

1. There are total asanas in Surya Namaskar.
2. helps in calming the mind.

➤ **Answer in two to three sentences-**

1. What are the benefits of doing Surya Namaskar?
2. What good habit should you include to your daily routine and why?

➤ **Do it yourself-**

Write down your experiences of each day in the table given below and share your conclusions in the class after one week.

Surya Namaskar Overview Table

S. No.	Observation Point	Changes/ Benefits	Write down what changes/ benefits you experienced
1.	Physical energy	Feeling of freshness and vitality in the body	
2.	Attention and concentration	Increased ability to concentrate on studies and tasks	
3.	Physical flexibility and strength	The body feels more flexible and stronger	
4.	Mental peace and stress reduction	Mind remained calm and stress free	
5.	Health improvement	Improved digestion, blood circulation and respiration	
6.	Improved daily routine	Getting up early in the morning and increasing discipline	
7.	Increased self-confidence	Self-reliance and confidence increased	
8.	Social impact	Desire to inspire family and friends	

**Do yoga everyday in morning or evening,.
No disease will come near you.**

Lesson - 15



Maharana Pratap : A Symbol of Independence and Pride

As soon as we recall the name of Maharana Pratap, the image of a brilliant, mighty warrior emerges in front of our eyes who never bowed down in front of the huge army of the Mughals. His life is an immortal saga of sacrifice, valour and self-respect.

Birth and early life

Maharana Pratap was born on 9 May 1540 in Kumbhalgarh Fort of Mewar. He was the son of Maharana Udai Singh II and Queen Jayavantabai. His childhood was spent in love for the motherland and practice of weaponry. From childhood itself, he started displaying indomitable courage and bravery.

Identity and struggle of Mewar

As soon as Maharana Pratap took over the throne of Mewar in 1572, he received many treaty proposals from Akbar but he





considered the independence of his motherland supreme. He preferred to live in the forests and fight instead of accepting subordination to the Mughals.

Battle of Haldighati : Flame of valour in the battlefield

18 June 1576 - That day in history when the holy land of Haldighati turned into a battlefield. The huge army of the Mughals and Akbar's most trusted military commander Mansingh moved forward to defeat Maharana Pratap but the land of Mewar once again committed that as long as Maharana Pratap was alive there would be no threat to the independence of Mewar.

As soon as the war began, Pratap rode on his favourite horse Chetak and moved towards the enemy at a fast pace. Many Mughal soldiers started retreating due to the attack of his spear. The heroes of Mewar descended from the hills and adopted such guerilla tactics that the enemy had to face great difficulties. Maharana Pratap himself fought bravely and defeated his opponents with his skillful war strategy.

During the war many elephants retreated from the battlefield. The speed of Maharana Pratap's horse Chetak caused a stir in the Mughal army. Seeing his bravery, the confidence of many mughal soldiers began to waver.

Ram Shah Tanwar and his descendants and Jhala Bida, Rawat Netsingh, Rathod Ramdas and other brave warriors displayed unmatched bravery and attained martyrdom.

Maharana's loyal horse Chetak was very agile and fast. It would move forward at a fast speed in the blink of an eye and surprise the



enemy army. Maharana Pratap challenged the Mughal commander Man Singh (who was riding an elephant) and went in front of him and fought aggressively. Chetak had put its leg on the head of Mansingh's elephant and Maharana attacked it with his spear. During this struggle, Mansingh bent down and thus he was saved from getting hurt. Due to the intensity of the battle, the elephant got agitated and started trumpeting loudly. During this, Chetak's leg got hurt by the sword tied to its trunk, due to which it lost its balance.

It became difficult for Chetak to move forward. At the same time, Jhala Bida and Hakim Khan Suri came to know that Maharana was surrounded by the enemy army. They immediately rushed to help and started fighting to push back the enemy army. Jhala Bida and Hakim Khan Suri thought that it was necessary to take Maharana to a safe place. They went to him and urged him to leave from there as he had to protect his kingdom further.



During the war, Jhala Bida asked for Maharana's crown and kept fighting like Rana Pratap. He displayed extraordinary bravery and ultimately attained martyrdom. Due to his sacrifice, the Mughal army got illusioned that Maharana Pratap had been defeated in the war, which led to the end of the war.

After this, there was a strong storm and heavy rain due to which the banks of the Banas River got submerged. Due to the rain, the battlefield got completely wet and the atmosphere became calm.

Contribution of Rana Poonja-

During the difficult circumstances, when Maharana Pratap faced a huge shortage of his military resources and logistics in the war, the brave warrior Rana Poonja and his companions played an important role. Poonja, with the help of the Bhil community, provided all possible help to Maharana Pratap. He arranged food, shelter and necessary resources for the soldiers in the forests so that Pratap could continue the struggle.

Poonja contributed as an unseen hero in Maharana Pratap's struggle. He gave all possible help to Pratap through the local Bhil warriors and played an important role in his fight for freedom.

The indelible saga of struggle-

The battle of Haldighati may not have been decisive but it proved that Maharana Pratap cannot be bowed down. Even after that, he continued to harass the Mughals by adopting guerilla warfare tactics. Even after wandering from forest to forest, he never let his self-respect be hurt. Due to his such policy, the Mughal armies continued to fail.

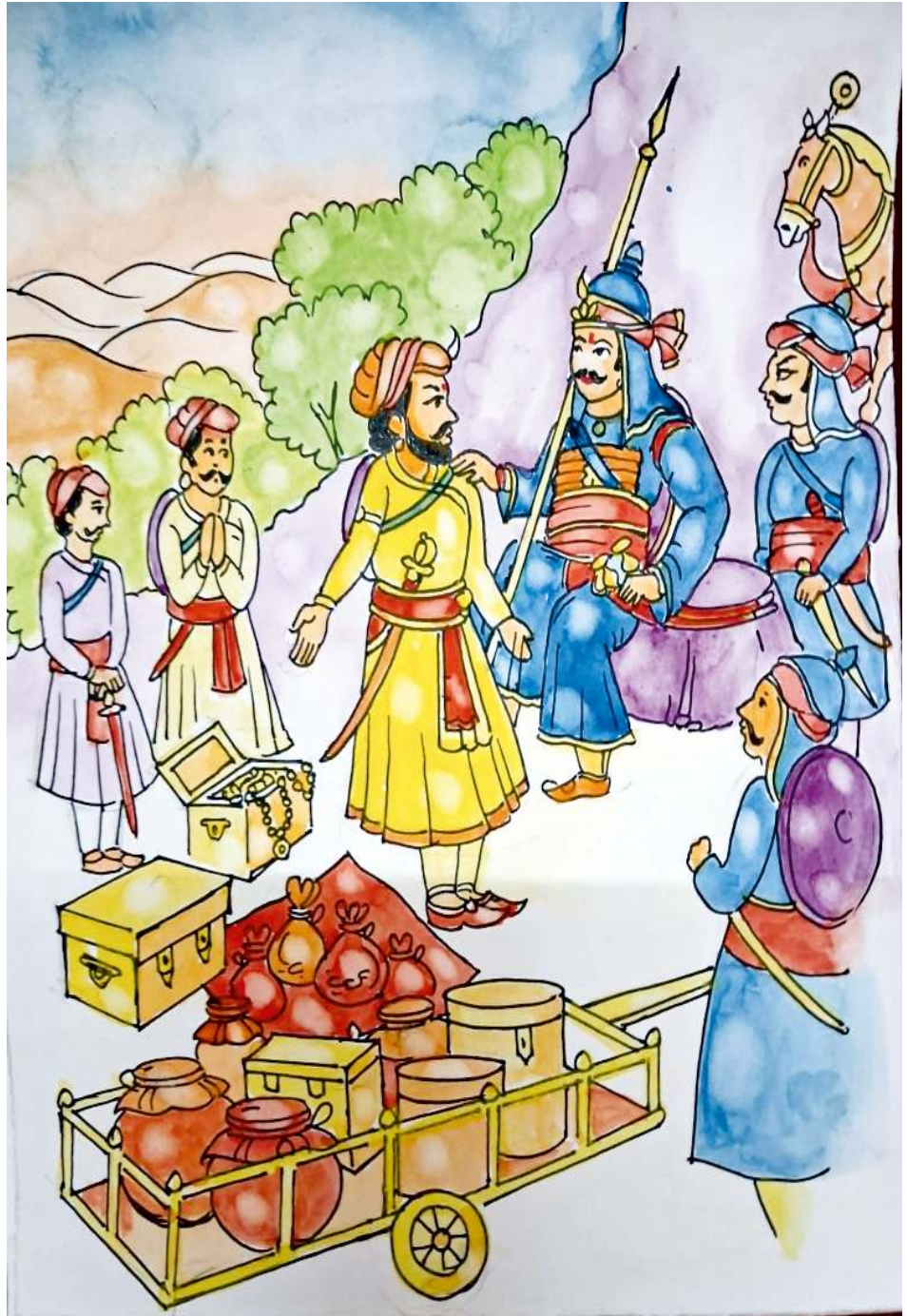


Danveer Bhamashah

Maharana Pratap had to face financial difficulties after the battle of Haldighati. In difficult situation, Bhamashah donated all his wealth with which Maharana Pratap reorganized his army and continued the fight against the Mughals. The contribution of Bhamashah proved to be a milestone in the struggle for independence of Mewar.

Regaining control over Mewar-

Maharana Pratap made Chavand his capital and gradually liberated many areas of Mewar. The message of his life is that there





is no value greater than freedom.

Independence and self-respect-

Ultimately, in his last days, he regained many forts of Mewar and kept the flame of freedom burning. The great warrior died on 19 January 1597, but his bravery and devotion towards freedom remained immortal forever. He remains a symbol of **struggle and self-respect** in Indian history.

Epilogue-

Maharana Pratap was not only a warrior but also an inspiration of indomitable courage and self-respect. His life is still a source of inspiration for every Indian. His life teaches us that nothing is greater than freedom.

Maharana Pratap, the immortal warrior of the brave land of Mewar, never bowed down to the Mughals due to his self-respect and unwavering love for his motherland. His life is a unique example of sacrifice, struggle and war skills.

Let's Discuss-

- ☐ What would Rana Pratap have done with the money given by Bhamashah?
- ☐ What were the challenges faced by Maharana Pratap's army in the Battle of Haldighati?
- ☐ What important role did Jhala Bida play during the war?
- ☐ Which incident clearly shows Maharana Pratap's love for Chetak?
- ☐ Do you know of any other historical battle where the army displayed bravery despite being less in number?

- 
- ☐ How should people prepare during war and natural disasters?
 - ☐ What are the situations in today's time where we need to show courage like the warriors of Haldighati?

Practice Work

➤ Answer the following questions in two to three sentences-

1. What was the role of Akbar and Mansingh in the background of the war?
2. Identify and mark Haldighati and Khamnor in the map of Rajasthan.

➤ Mark the following statements as True (✓) or False (X)-

1. Maharana Pratap's army was more in number than the Mughal army. ()
2. Injured Chetak crossed the river. ()
3. Jhala Bida sacrificed himself to save the Maharana. ()
4. The generous Bhamashah helped Pratap by giving him a large amount of money. ()
5. Rana Poonja helped Maharana Pratap. ()

➤ Fill in the blanks-

1. The battle of Haldighati took place in the year of

- 
2. Maharana Pratap's favourite horse was
 3. The army of the Mughals was the army of Maharana Pratap.
 4. The battle between Maharana Pratap and the Mughal army took place on the field of
 5. Rana Poonja and his companions helped Pratap with the support of the community.

➤ **Answer in two to three sentences-**

1. Why was Rana Punja's contribution important in Maharana Pratap's struggle?
2. What kind of problems did Maharana Pratap face after the Battle of Haldighati?
3. How do you see the contribution of Bhamashah in the freedom struggle of Mewar?
4. Why are the people honoured with the name of Bhamashah who contribute financially in Rajasthan?

➤ **Match-**

Column 'A'

Maharana Pratap

Battle of Haldighati

Mansingh

Ram Shah Tanwar

Column 'B'

Led Akbar's army

Sacrificed his life to protect Maharana

Fought bravely riding on Chetak

18th June, 1576

➤ **Do it yourself-**

1. Collage making: Create a scene of the Battle of Haldighati using needle, thread, paper etc.
2. Study in the school library for more information about Maharana Pratap.

**To struggle for protection of
self-respect is true life.
Read, write and move ahead,
make your dreams come true.**

Lesson - 16

My State, My Honour



(Colorful fairs, festivals, handicrafts and sculptre/craftsmanship of Rajasthan)

(Characters in the dialogue : Riya, Anshul and Nanaji)

Riya : (while drawing) Bhaiya, look! I have drawn a picture of a fair in Rajasthan.

Anshul : Wow! How much do you know about the fairs and festivals of Rajasthan?

Riya : All I know is that there is a lot of colourful decoration.

(Nanaji comes near smiling.)

Nanaji : Come children, I will tell you an interesting story about the fairs, festivals and sculpture of Rajasthan.

(Nanaji tells the story)

Isha's grandfather lived in Pushkar. She went with her family to see the Pushkar fair to her grandfather's place. There she saw camel races and Kalbelia dances and artists performing. She saw people dressed in traditional costumes. There were also various handicraft shops in the fair, selling colourful clothes of Bandhej and Lahariya, beautiful Blue Pottery and glittering Silver Jewellery. In the evening she saw the sky filled with kites.

(dialogue continues)

Riya : Nanaji, this looks so exciting!



Nanaji : Yes, the culture of Rajasthan is very rich.

Anshul : We should preserve our heritage.

Nanaji : You are right son it is our heritage and identity.

Pushkar Fair : Cultural Confluence

The Pushkar Fair is an event where various cultures of Rajasthan come together.

Camel racing and trading-

- ❖ This Pushkar fair is world famous for the buying and selling of camels.
- ❖ There are camel races and other contests that thrill the spectators.

Cultural performance-

- ❖ Kalbelia dance and other folk dances are the major attractions of the fair.
- ❖ Traditional music and puppetry performances entertain the people.

Handicrafts and Sculpture-

- ❖ Shops of Bandhej, Lahariya, Blue Pottery and Silver Jewellery are set up here.
- ❖ This fair gives local artisans an opportunity to display and sell their art.



Festivals of Rajasthan

Gangaur-

- ❖ Gangaur is celebrated on the Tiritiya of the shukla paksha of Chaitra month.
- ❖ Gangaur is the main folk festival of Rajasthan, in which women worship Gauri Mata wishing for good fortune and prosperity.

Hariyali Teej-

- ❖ Hariyali Teej is celebrated on Tiritiya of the shukla paksha of the month of Shravan, which is a symbol of shravani greenery and marital bliss (suhaag).
- ❖ On Hariyali Teej, married women worship Shiva-Parvati and pray for the long life of their husbands and enjoy swings, songs and folk dances.

Makar Sankranti-

- ❖ Makar Sankranti is celebrated every year when the Sun moves northwards and enters Capricorn. On this day, people eat sesame-jaggery laddus.
- ❖ The sky fills with kites on the Makar Sankranti festival in Rajasthan.

Desert Festival-

- ❖ Desert Festival is celebrated in Jaisalmer which is also known as Maru Mahotsav.
- ❖ This festival is organized in the month of Magha. Cultural



programme, folk songs, folk music are performed in which domestic and foreign tourists participate.

Handicrafts and Sculpture of Rajasthan

The handicrafts and sculpture of Rajasthan are world famous. The artisans of Rajasthan are known for their unique art.

Bandhej and Lahariya-

- ❖ This is a method of dyeing clothes in which beautiful colorful shapes and designs are created on the clothes.
- ❖ Clothes are tied with threads and then dyed in this art.
- ❖ Jaipur, Jodhpur and Udaipur are the main centers of this art.

Blue Pottery-

- ❖ This is a unique handicraft of Jaipur in which beautiful blue colour work is done on ceramic utensils.
- ❖ Decorative items like vases, crockery, jewellery boxes etc. are made in it.
- ❖ Kripal Singh Shekhawat was a famous craftsman for blue pottery painting.

Stone carving-

- ❖ Beautiful carvings are done on stones in Rajasthan.
- ❖ It can be seen on the walls of temples and palaces in various cities of Rajasthan. This carving done on sandstone and marble is very famous here.

Wood carving-

- ❖ Sandalwood and Rosewood carvings are very famous in

Bikaner, Churu and Jhunjhunu in Rajasthan.

- ❖ Attractive wooden statues are made here. It displays our tradition and culture.

Terracotta Art-

- ❖ The art of pottery making is still alive in Rajasthan.
- ❖ In Molela village, district Rajsamand, potters make plaques of gods and goddesses from clay. These plaques are baked and colourful pictures are made on them.
- ❖ It reflects the faith and culture of Rajasthan which has been passed down from generation to generation.

Practice Work

➤ Choose the correct answer-

- What is Pushkar Fair famous for?
(a) Kite flying (b) Buying and selling of camels
(c) Decoration of lamps (d) Kumbh bath ()
- Where is the Desert Festival held?
(a) Jaipur (b) Udaipur
(c) Jaisalmer (d) Bikaner ()
- What is Gangaur fair mainly associated with?
(a) Lord Krishna (b) Shiva and Parvati
(c) Ram and Sita (d) Brahma ji ()

- 
4. Which is the famous art of Jaipur?
(a) Blue Pottery (b) Stone carving
(c) Wood Carving (d) Clay toys ()
 5. Where is Teej festival especially celebrated in Rajasthan?
(a) Udaipur (b) Ajmer
(c) Jaipur (d) Kota ()

➤ **Fill in the blanks-**

1. Pushkar Fair is held in the district of
2. is the traditional dyeing method of Rajasthan, in which beautiful patterns are created on clothes.
3.are flown and sesame-jaggery laddus are eaten on Makar Sankranti in Rajasthan.

➤ **Write short answers-**

1. What is the importance of Pushkar Fair?
2. How is Makar Sankranti celebrated in Rajasthan?
3. What kind of art is Blue Pottery and where is it famous?
4. What are the special features of Maru Mahotsav?

➤ **Long question answers -**

1. How do fairs and festivals of Rajasthan promote local business and tourism?
2. What is the importance of handicraft and craftsmanship of Rajasthan? Is it still helpful in the livelihood of the people?
3. Write a detailed article on the major festivals of Rajasthan and their cultural importance.

- 
4. What is the difference between Bandhej, Lahariya and Blue Pottery? Are any efforts being made to preserve these arts?
 5. If you are a tourist and have come to see the art and craft of Rajasthan, which places would you like to visit and why?

➤ **Discuss in groups-**

1. How do festivals and fairs promote unity and brotherhood in the society?
2. Explain the relevance of handicrafts and craftsmanship in modern times.
3. Which festival do you like the most among the traditional festivals of Rajasthan and why?
4. How do handicrafts and craftsmanship provide employment opportunities to people in rural areas?
5. Should we include our traditional arts into modern lifestyle? If yes, then how?

➤ **Activity Task-**

1. **Make posters of major fairs of Rajasthan-** Draw pictures of Pushkar Fair, Desert Festival, Gangaur Fair etc. and write briefly about them.
2. **Present a play on festivals of Rajasthan-** Prepare a play depicting glimpses of various festivals and present it in the class.
3. **Exposure to local handicrafts-** Introduce children to traditional arts like Bandhej, Blue Pottery, Wood Carving, etc.

We Learnt and Understood - IV



(A) Oral Questions -

(To be asked by the teacher to the students and to be assessed by preparing individual / group-wise checklist as per need)

➤ Conversation based questions -

1. Why coarse grains are called 'treasure of health'?
2. What are the main differences between village life and city life?
3. Which elements are required for seed germination?
4. Have you ever visited any historical place? Share your experience.
5. What kind of sensitivity should we have towards animals and birds?
6. In the lesson 'Village Journey', which scene of the village did the children find most attractive?
7. What is the importance of hard work in our life?
8. How has the development of science and technology changed our lives?
9. Name the main traditional handicrafts of Rajasthan.
10. Tell an inspirational story that you have read in the textbook.

- 
11. Explain the roles of Gram Panchayat, Panchayat Samiti and Zilla Parishad in the Panchayat system of Rajasthan.
 12. What do we learn from the struggle and self-respect of Maharana Pratap?
 13. What is the importance of major festivals of Rajasthan in your life?
 14. Do you wake up before sunrise? What effect does it have on your health?
 15. Which traditional handicrafts are popular in your village?

(B) Written assessment-

➤ **Choose the correct answer-**

1. What is most essential for seed germination?
(a) Soil, water and sunlight (b) Only soil
(c) Only water (d) Only air ()
2. LPG gas is used-
(a) In education (b) In the kitchen
(c) In water conservation (d) In all ()
3. What big change has science brought in our lives?
(a) Transportation became easier.
(b) Communication became easier.
(c) Medical facilities increased.
(d) All of the above. ()

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4. The name of Maharana Pratap's horse-
- (a) Chetak (b) Leelan
(c) Badal (d) Busefalas ()
5. At which level does Panchayat Samiti work in Rajasthan?
- (a) District level (b) Village level
(c) Block level (d) State level ()
6. When did the battle of Haldighati take place?
- (a) 1526 AD (b) 1576 AD
(c) 1600 AD (d) 1707 AD ()
7. What is Pushkar Fair mainly famous for?
- (a) Elephant race (b) Buying and selling of camels
(c) Boat race (d) Kite flying ()
8. By what name is the camel known in the desert?
- (a) Coastal King (b) Ship of the desert
(c) Airplane (d) Water ship ()
9. How many asanas are there in Surya Namaskar?
- (a) 10 (b) 12
(c) 15 (d) 22 ()
10. The famous craftsman of blue pottery was-
- (a) Kripal Singh Shekhawat
(b) Rajendra Singh Shekhawat
(c) Zakir Hussain (d) Nihalchand ()



➤ **Fill in the blanks-**

1. Cereals like millets, sorghum, maize and ragi are called.....
2. Scientific inventions have made our lives and
3. Prominent traditional occupations in villages are and
4. To conserve water, we should use and
5. and are needed for seeds to germinate.
6. When we throw garbage here and there brings it into the streets.
7. Ramdevra fair is organised every year in the month of
8. To read a map, first of all we must understand the.....
9. Some trees are tall and thick, while some are and
10. Kite flying is organised in Rajasthan on the festival of



➤ **Match-**

Column 'A'

Maharana Pratap
Panchayat Samiti
Pushkar Fair
Blue Pottery
Millet
Science
Rajasthan
Seed
Village
Panchayat
Map

Column 'B'

Buying and selling of camels
Famous art of Jaipur
Haldighati battle
Block level work
Traditional lifestyle
Colorful culture
Plant growing unit
Treasure of Health
Inventions and Progress
Shows directions
Solution to village problems

➤ **Write True / False-**

1. Coarse grains are harmful for health. ()
2. Life can be difficult without science and technology. ()
3. Even today people live in mud houses in villages. ()
4. Camel cart is a common mode of transportation in Rajasthan. ()
5. Eating plastic does not harm animals. ()
6. Solar eclipse occurs due to the shadow of the moon. ()
7. Earlier people used to cook food using gas stove. ()
8. All leaves have the same shape. ()
9. The Zila Parishad is elected by the Sarpanch of the village. ()

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10. Chetak crossed the river in an injured state. ()
 11. Panchayats organize tree plantation drives for environmental conservation. ()
 12. We get energy from sun rays. ()
 13. The Sarpanch of the Gram Panchayat is elected by the Chief Minister. ()
 14. The Battle of Haldighati took place in 1576 AD. ()
 15. Gangaur festival is mainly celebrated by men. ()

➤ **Write answers in two to three lines- (20-30 words)**

1. What are the benefits to our body by eating coarse grains?
2. Explain the process of seed germination.
3. What changes have occurred in our lives due to science and technology?
4. Explain the main difference between village and city lifestyle.
5. Give some examples of traditional arts and crafts of Rajasthan.
6. Why do you think water conservation is necessary?
7. What do we learn from the life of Maharana Pratap?
8. Which major traditional arts of Rajasthan are famous?
9. What are the benefits of waking up before sunrise?
10. What is your favourite festival and why?
11. How do desert plants and animals survive in the lack of water?



(C) Activity Work-

1. **Survey of local grains-** Make a list of the grains found in your area and write their uses.
2. **Collect information on traditional and local occupations –** study the occupations of potter, blacksmith, tailor etc.
3. **Draw a picture-**
 - Draw a picture of a kite of your choice.
 - Make a design of Bandhej/Lahariya of your choice.
4. **Creative Writing-**
 - Write a short essay in 50-100 words on the topic 'Clean Village-Healthy Village'.
 - Write a description of any one famous fair of Rajasthan (eg. Pushkar Fair).
5. **Survey work-**
 - Make a list of the development works done by the Panchayat in your village.
 - Ask your family members how much they like waking up before sunrise?
6. **Interview-**
 - Meet the village Sarpanch and collect information about the Panchayat schemes and write it in your own words.
7. **Report Writing-** Prepare a short article on the topic 'Major Festival of My Village'.
8. **Group Activity-** Have a group discussion on the topic 'Effects of Surya Namaskar on Health'.