

HEALTH AND PHYSICAL EDUCATION

for
Class VI



ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



PUNJAB SCHOOL EDUCATION BOARD

Sahibzada Ajit Singh Nagar

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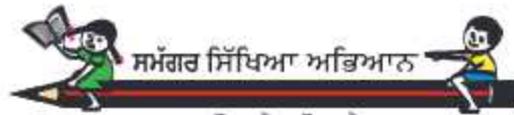
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ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

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Foreword

It has always been the endeavour of Punjab School Education Board since its constitution in 1969, to improve the syllabi of different subjects on the modern lines and prepare the course textbooks in a scientific manner as per the revised syllabi.

Keeping in view the importance of sports at National and International Level, Punjab is the pioneer state to introduce the subject of Health and Physical Education, as a compulsory subject in the curriculum from Class VI to VIII and as an Elective subject from class IX to XII .

The syllabus of this subject has been given a new shape as per the recommendation of PCF-2013, which will serve as a supplement to the study of the subject of Physical Education. This book has been prepared by competent and experienced subject experts. The language of the book is very simple, interesting and as per the mental level of the students of the concerned classes. Proper illustrations have been provided to deal with the difficult ideas and sub-topics. It has been our endeavour to make the study-material teacher-friendly. It is hoped that this book will prove beneficial for both the students and the teachers as well. Suggestions from the field, teachers and experts will be gratefully acknowledged by the Board.

Chairman

Punjab School Education Board

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Lesson -1

Health

Generally, a body free from disease is considered to be healthy. This concept is not completely right. According to World Health Organisation (W.H.O) the word 'Health' is not limited to human body only. This is equally related to a man's mind, society and emotions.

According to World Health Organisation "Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity."

All organs of a healthy person work properly. Hence, he adjusts himself to every kind of atmosphere. This kind of person is physically fit, active, free from disease and mentally sharp. A healthy person is the one who maintains his balance in his life-physically, socially, emotionally and professionally.

KINDS OF HEALTH

Health is considered to be of four types :-

1. Physical Health
2. Mental Health
3. Social Health
4. Emotional Health

- 1. Physical Health :** Physical health means that all organs of a healthy person work properly. His body remains healthy, active and ready to do different physical activities. Body structure of a healthy person looks beautiful, stout and muscular. All the systems of a healthy person's body e.g. breathing system, digestive system or blood circulatory system etc. work properly.
- 2. Mental Health :** Mental health means that a person takes right and timely decision with his mind. He always keeps his confidence up. A mentally healthy person adapts himself according to the circumstances.
- 3. Social Health :** Social health describes the relationship of a person with his society. Man is a social being who has to work with his family as well as society to fulfill his daily tasks. A sociable person

gets respect in the society. Man is incomplete without society. 'One who can live without society is, either an angel or a beast.'

4. **Emotional Health** : From time to time different emotions e.g. anger, envy, fear and happiness etc. keep arising in our mind. These emotions have to be balanced in our lives, only then we can do our work appropriately.

SCIENCE OF PERSONAL HEALTH

The science which teaches us how to maintain our personal health is called 'the science of personal health.' We know that the way we live and eat is closely related to our health. Health of body and mind is very important for a man. Only a healthy body has a healthy mind. A healthy person does every work quite easily. On the contrary, if a person's body suffers from any disease, his mind is not ready to do any work.

We should take care of the cleanliness of our body to make it healthy. Bath twice a day and dry out the body thoroughly with a clean towel. We should look after every part of our body. The basic information regarding this is as following:

1. **Cleanliness of the skin** : The skin covers all of our body parts and protects them. It is helpful in maintaining our body temperature. It beautifies our body. If we neglect the cleanliness of our skin, then skin pores get blocked with dust particles due to which unwanted and harmful elements do not exit from our body and many kinds of skin diseases develop.
2. **Cleanliness of the hair** : Long hair add charm to one's beauty. Balanced diet contributes a lot to make the hair beautiful and strong. Hair should be combed daily with a clean comb. They should be washed from time to time. They should be dried properly after



Cleanliness of the skin



Cleanliness of the hair

washing. Hair should be nourished well to make them strong. Lice do not develop if the hair are kept clean. Remember, we should not use someone else's comb. If the hair are not looked after well, they start getting damaged and fall. We should consult the doctor if our hair start falling.

- 3. Cleanliness of the eyes :** Eyes are more sensitive part of the body. We cannot enjoy scenic beauty of nature without eyes. There is a saying in Punjabi-

*“Akhaan gayian, jahan gaya
Dand gaye taan swad gaya.”*

It means that if we lose our eyes, the whole world turns dark and if we lose our teeth, we cannot taste anything.

Therefore, care of eyes is very necessary. Wash your eyes 2-3 times daily with cold water. Eyes should be protected from dazzling light. Sun glasses should be used while going out in the sun. While reeading and watching TV we should not strain our eyes for a long time. While doing any eye work the light should be aligned with your eyes and fall directly on the object.



Eye

- 4. Cleanliness of Ears :** Like other parts of the body it is equally important to take care of the ears too. The ear drums of our ears are very delicate. We should not insert any sharp thing inside the ear as it can tear the ear drum.

Do not put head- phone into your ears for a long time for listening to music. Excessive use of mobile phone has bad effect on hearing ability. Consult your doctor if you feel heaviness, boil and pustule in your ear.

- 5. Cleanliness of the Nose :** We breathe through nose and mouth but breathing through nose is useful. Breathing through nose makes the inhaled air pure and in accordance with the body temperature when it enters the body. Nose works as a filter . The short hair in the opening of the nose act like a filter to hold the dust particles and germs in them. If any tiny particle does not get stuck in these short hair of the

nose, it sticks to the inner side of the nose. In this way the nose purifies the air that goes to our lungs. We should clean our nose also while taking bath. This results in protecting our body from many diseases.



Teeth

- 6. Cleanliness of the Teeth :** Teeth help us in chewing the food. Chewed food is good for digestion. We should daily brush our teeth in the morning. After eating anything we should rinse our mouth well so that no food particles get stuck in the teeth. Food trapped in teeth develops decay and foul smell. We should also brush our teeth before going to bed. If we do not pay attention to dental hygiene then we'll get dental diseases. Teeth start becoming hollow inside which results in the weakening of the teeth. Dental diseases can further develop other diseases in the body.

- 7. Cleanliness of the Nails :** Cleanliness of the nails of hand and feet is also very important like other parts of the body. Dirt gets stuck in long grown nails as a result it enters our body while eating. That is why we should wash our hands and feet properly. Nails should be pared once or twice in a week.



Nails

Knowing the importance of the cleanliness of all the body parts, we should have the basic knowledge about personal hygiene right from our early childhood.

IMPORTANT PRECAUTIONS FOR HEALTH CARE

- 1. Knowledge of Health Education :** Children should have complete knowledge about their body. They should have knowledge about important organs of the body and their functioning.
- 2. Food Habits :**
 - a. Children should eat pure and balanced diet. It should contain all the necessary elements like Proteins, Carbo-hydrates, Oily substance, Minerals and Water.
 - b. Wash your hands properly before taking meals.
 - c. Do not drink excessive hot or cold water.
 - d. Do not eat food while watching T.V. or working on computer.
 - e. Do not eat food while lying down but it should be eaten while sitting straight.
 - f. Children should mostly eat home made food. Fast food like pizza and burger is harmful for health.
 - g. Always cover the food to keep it safe from flies and dirt.
 - h. Fruits should always be washed properly before eating.
- 3. Medical Check - up :**
 - a. Medical check up of children should be done from time to time. Timely vaccination is also very necessary.
 - b. Do not ignore any kind of injury. Its timely treatment is necessary.
- 4. Nature :**
 - a. Children should always remain happy.
 - b. Good nature is also required for health.
 - c. Irritating nature has bad effect on health.
- 5 Habits :** Children should adopt good habits to maintain their good health, for example -
To wakeup early, eat, read, play and rest on time.
 - a. Somebody has rightly said in Punjabi *vele da kamm, kuvele diyan takkran*"
It means that work done on time is righteous but work done untimely, is useless and one has to struggle afterwards.
 - b. To keep your surroundings clean.

- c. To take care of light's direction while reading. Dim or bright light both has bad effect on eyes.
- d. To have proper furniture for sitting and sleeping.

6 Exercise, Games and Yoga

- a. It is necessary to do exercise and yoga daily to keep our body stout.
- b. Exercise or yoga should be done empty stomach.
- c. Open environment is required for doing exercise and yoga.
- d. Children should participate maximum in games. It is good to warm up the body before playing any game.

EXERCISE

1. What are the different kinds of 'Heath' ?
2. What kind of food should children eat?
3. Which things should we take care of to remain healthy?
4. Which things should we take care of while eating?
5. Write a short note on the following :-
 - (a) Cleanliness of the skin
 - (b) Cleanliness of the hair
 - (c) Cleanliness of the eyes
 - (d) Cleanliness of the ears
 - (e) Cleanliness of the nose
 - (f) Cleanliness of the teeth
 - (g) Cleanliness of the nails
6. Write any five healthy habits to maintain good health.



Lesson -2

HYGIENE AND MAINTENANCE

Just think what will happen, if your house, school and surroundings are not clean and heaps of garbage are piled up everywhere, flies and mosquitoes are in abundance. Obviously, there will be diseases and life will be full of miseries. This will give you a better idea of how much cleaning and maintenance is required. Mahatma Gandhi had said, "**Cleanliness is next to Godliness.**" Our Prime Minister Shri Narinder Modi started a cleanliness campaign on 2nd October 2014, on the occasion of Gandhi Jayanti which got a positive response from all over the country. Now the question that arises is-how to keep the house, surroundings and school clean. We need to be aware of this. As it is important to take care of health in human life, equally important is to maintain the cleanliness of special places e.g. our house, surroundings, school and playground. Many types of terrible diseases spread due to accumulation of garbage in these places. On the other hand, if these important places are cleaned properly, we can get rid of these diseases and make our life healthy and prosperous. Routine habit of cleaning brings discipline in our lives. Children can play an important role in making a clean society. This is possible only if all the young and the old members of the house abide by this. It will be good if from the very childhood the children adopt the habits of good hygiene.

Cleanliness of the house : One spends maximum time of one's life at home. So it is necessary that home should be kept clean. Every human being can enjoy life by living in a neat and clean atmosphere.

We should take care of the following things to keep the house neat and clean.

1. There should be proper arrangement for the drainage of the dirty water to keep the house safe from moisture and fungus etc. Sunlight and air should be sufficiently available in all parts of the house. There should be latticed windows and doors. They should be kept closed always.
2. Kitchen is a vital part of the house. Kitchen and the utensils, hearth/gas stove used in the kitchen should be cleaned daily. The eatable food should always be kept covered because flies, worms

and cockroaches poison the uncovered food. Stale vegetables, stale food, rotten fruits spread diseases if kept in the kitchen. They should be dropped in the covered garbage bin outside the house. This garbage should not be kept for a long time even outside the house. There should be a chimney for the outlet of smoke in the kitchen.

3. Children should not scatter the peels here and there while eating vegetables and fruits etc. They should be put into some utensil and then thrown into the bin.
4. Many children have the bad habit of spitting here and there. This not only spreads filth but also produces germs which spread diseases. The children should get rid of these bad habits.
5. Pesticides should be sprayed in whole house, especially in gutters from time to time. In this way flies, mosquitoes and cockroaches will not remain in the houses. Remember, the pesticides to be sprayed should be permitted by the department of health.
6. Special attention should also be paid to the cleanliness of the bathrooms. The floor of the bathroom should not remain wet. Soap, shampoo and oil should not be dropped on the floor. This puts us at the risk of slipping and falling. There should be proper arrangement of outlet of the drains of the house and human waste.
7. Clean your bedding before sleeping.
8. The reading area of children should always be clean. Children should always clean their study table, chair, books and bags properly.
9. There should be separate place for keeping pets in the house. There should be proper arrangement for the outlet of their waste.
10. Wipe your shoes before entering the house.
11. The floor of the house should be washed daily with a mixture of clean water and phenyl.
12. Place footmat on thresholds of the houses. They should be cleaned frequently. Cleanliness of carpets and 'darees'(thick woven floor sheet) spread in the our houses is very necessary.

Maintenance of the house :

Along with cleaning of the houses, we also need to take care of the things used in these places. All the objects of the house should be at proper places, so that there is no difficulty in finding them. Things placed at proper places also

look good. They add to the beauty on one hand and save us from many accidents on the other hand. In winter we should manage the summer clothes and in summer the winter clothes at home.

We should spray insecticide on wooden furniture, windows and doors etc. to make them safe from woodworms. The iron articles which get rusted should be painted from time to time. The glassware used in the houses, knife, scissors, screw driver, needle, nail cutter, blade, insecticide made to protect wheat, medicines for the sick at home, phenyl, bottle of acid etc. should be placed separately and at safe places, so that they remain out of reach of small children.

Cleanliness of the surroundings :

Along with cleaning the house, cleanliness of our surroundings is equally important. The filth enters our houses if our surroundings are not kept clean. We cannot get rid of the diseases by keeping only our houses clean.

We should take care of the followings things to maintain the cleanliness of our surroundings :

1. Do not tether animals and cattle outside the houses. There should be separate places for them. The environment gets polluted with their dung and waste. Their disposal is necessary.
2. The streets in colonies should be paved. If there are pits, they are filled with the rain water. This stagnant water further spreads diseases and filth. The drains outside the homes should be covered. If these drains are uncovered, they should be cleaned daily. Residents of the colonies should co-operate with one another to make the streets and drains paved. A request letter can also be written to the concerned department to get them repaired.
3. If smoke or dirt is produced around the house for some reasons, it can enter the house, which is harmful for our health. There should be exhaust fans to avoid this.
4. Household waste should not be thrown in the streets or on the roads. There should be a bin outside the home. This garbage should be lifted daily. If it is not lifted, the concerned department should be given a complaint so that our surroundings remain clean.
5. Planting saplings or trees on vacant spaces around our houses decreases pollution and the environment becomes pure.

Maintenance of the surroundings :

It is our duty to maintain our surroundings also. Sometime children mischievously break the public street lights/bulbs. Children should play in the playgrounds or parks instead of playing in the streets of the locality; so that window panes of the houses are not broken with a ball's hit. The concerned department should be informed about the breaking of streets and roads.

Cleanliness of the school :

School is a temple of learning. Children spend about 6 to 8 hours here every day. If the environment of the school is not pure, proper study will be difficult there. So, it is our foremost duty to keep the school clean. We should take care of the following things to maintain the cleanliness of the school-

1. Classrooms should be big and airy. There should be proper arrangement of light in the classrooms.
2. There should be no dust or dirt in the classroom of the children. The study tables and chairs should be clean. Children should clean their tables and chairs properly before sitting. Toilets should be cleaned daily. There should be proper arrangement of the sweepers to keep the school clean.

Teachers and children should bring this to the notice of the school head if there is no cleanliness in the classroom.

3. Pure drinking water should be provided.
4. The meals provided by the school should be pure and balanced.
5. Children should come to school in neat and clean uniforms. Teachers should also check the children's clothes and cleanliness.
6. Plants and trees should be grown to make the school environment pure. Children should take care of the plants and garden of the school.
7. Instead of throwing the waste papers here and there, children should drop them in dustbins. Peels of the pencils should also be thrown into the dustbin.
8. A teacher should daily assign the duty to a student to observe the cleanliness for some time so that the children adopt the good habits of maintaining cleanliness. These values prove very useful for the students.
9. Cleanliness of the playground is also very necessary. The children should pick all the stones, pebbles and glass pieces from the play

ground so that no accident takes place. Playgrounds should be levelled flat. These should not be uneven, otherwise children may face problems in playing.

Maintenance of the school :

Every child should take care of the school and its objects. Children should not spoil the walls by drawing lines on them. Furniture of the schools should not be damaged. They should not damage the fans, tubelights in the classroom. They should rather protect these things. They should switch off the electric buttons. They should turn off the taps after drinking water. They should not pluck the flowers of their garden of the school. They should protect these plants and flowers and beautify the school. Books in the school library should be placed properly in separate boxes according to the subjects. Students should not tear the pages from the books, newspapers and magazines. They should observe silence while sitting in the library.

Besides this, the sports goods, N.C.C band, different things of the school laboratory etc. should be placed properly on the fixed places.

EXERCISE

1. Why is cleanliness necessary for our house?
2. How can the cleanliness of the house be maintained?
3. Which things should be borne in mind for the cleanliness of the surroundings and of the house?
4. What role can be played by the students in maintaining the cleanliness of the school?
5. How can the objects of the house be maintained?
6. Which things should the children keep in mind to maintain the belongings of the school?



Lesson -3

MAJOR DHYAN CHAND - THE MAGICIAN OF HOCKEY



Major Dhyan Chand

Dear Students, bring this scene before your eyes before reading this lesson :

Day- 15th August, 1936. Time - 11:00 a.m. The Olympic Stadium of Berlin. The hockey teams of India and Germany are facing each other to play hockey. Indian team is fear stricken because Indian team was defeated badly while playing a practice match with the same team of Germany. But the captain of Indian team Major Dhyan Chand is in high spirits. The match gets started. Major Dhyan Chand with his hockey stick to dodge the opponents, dribbling the ball left and right, forward and backward reaches the D (shooting circle). Other members of his team also get encouraged. After that there is no looking back. Indian team strikes goal after goal, altogether eight goals. Dhyan Chand alone scores four goals. India wins the match and there is rejoicing all around.

Major Dhyan Chand was a famous hockey player of India. He brought laurels to India at the world level. He won gold and silver medals at the International level in the field of sports.

Major Dhyan Chand was born on 29th August 1905 at Allahabad to Sameshwar Dutt. Dhyan Chand's father and elder brother Roop Singh were also prominent players of hockey. Thus, Dhyan Chand inherited the sports of hockey. His father worked in British Indian Army.

Major Dhyan Chand joined army as a soldier at the age of sixteen. There, a Subedar, Major Tiwari motivated him to play hockey. Major Dhyan Chand used to practice hockey with great dedication after his duty hours in the evening till late night in the moonlight. He participated in sports competitions of army from 1922 to 1926. Dhyan Chand's game was highly appreciated during the annual sports competition in Delhi. This appreciation boosted Dhyan Chand's spirit high. He played his first International match in New Zealand on 13th May 1926. In New Zealand 21 matches were played. India won 18 matches out of these due to the marvellous game played by Dhyan Chand, two matches were played drawn. India lost only one match.

In 1928, the Indian team participated in Amsterdam Olympic games for the first time. Indian team after winning initial matches defeated Australia by 6-0, Belgium 9-0, Denmark 5-0, Switzerland 6-0 and Holland 3-0 in final match and India emerged as a hockey champion of Olympic games. In this final match two goals out of three were exclusively scored by Dhyan Chand.

Indian team participated in Los Angeles Olympic games in 1932. Dhyan Chand played a key role as a centre forward player. In these Olympic games the final match was played between India and America. In this India defeated the American team by 24-1. Out of these 24 goals, Dhyan Chand alone scored 8. An American newspaper after the shameful defeat of America wrote that Indian team was a typhoon that came from the East. Indian team scored 262 goals during these Olympic games, of which 101 goals were scored by Dhyan Chand alone. Major Dhyan Chand's name was included among the top most players of the world.

There are many legends about this great player. Once in Holland, the authorities broke Dhyan Chand's hockey stick to check if there was any magnet like element inside it. Actually Dhyan Chand had a great control on the ball. His ball never got separated from his stick. Many people believed that his hockey stick was a magical stick. Dhyan Chand won the heart of the German dictator Hitler. Hitler even offered Dhyan Chand to play for Germany and tempted him by offering a high post in the German army, But Dhyan Chand felt proud to play only for India.

Even great cricketer Don Bradman became Dhyan Chand's fan. He asked Dhyan Chand how he scored so many goals. Dhyan Chand answered as runs are scored with a bat, goals are scored with a stick.

Indian government recognized Dhyan Chand's wonderful game skill and honoured him with "Padam Bhushan" in 1956. He was declared the best player of the century by the Indian Olympic Association. 29th August, Dhyan Chand's birthday, is celebrated as National Sports Day in India with great pomp and show. A statue of Dhyan Chand has been set up in Vienna, Australia to honour him. This statue has four hands holding four sticks. This statue is a symbol of his marvellous skill of his game. His son Ashok Kumar also won many medals for Indian Hockey team in World cup, Olympics and Asian games. Dhyan Chand received great respect from all over the world.

Looking at the achievements of Major Dhyan Chand, it seems as he was born to play hockey. He set many mile stones in the game of hockey. He scored more than 1000 goals in his career. Among these more than 400 were scored on International level and against different countries. Dhyan Chand was offered promotions in the army for these victories from time to time.

Major Dhyan Chand passed away on 3rd December 1979. The Indian Postal Department issued a postage stamp in his memory. In the same way an International Stadium at New Delhi has been named after him in his memory.

Major Dhyan Chand was a great son of mother India. Every Indian is proud of him.

EXERCISE

1. When was Major Dhyan Chand born?
2. When did Indian hockey team participate for the first time in the Olympic games? Which medal was won by the Indian team in these games?
3. Describe any one of the stories related to Major Dhyan Chand.
4. When and where did Major Dhyan Chand play his first International match?
5. In which country is Major Dhyan Chand's statue located?
6. Write a brief note on Major Dhyan Chand?
7. What initiatives have been taken by the Government of India to commemorate the memory of Major Dhyan Chand?



Lesson-4

FOLK GAMES OF PUNJAB

Introduction

A game is an activity which is done for enjoyment. This kind of activity gives us pleasure. We see that a child in a cradle feels happy while kicking his hands and feet, then his mother says that the child is playing. When that child grows up to sit, stand and walk then he is happy to run. He starts observing and examining the things around him. Even then it is thought that the child is playing. However, we understand that a game is an activity which is done by two or more people for their enjoyment.

People of every age play games. The children, the young and the old play games. Many games are played by boys and girls together and many of them are separate too. Thus, playing is a natural activity. This makes the body stout. Playing games produces flexibility and quickness in different organs of the body. The player's mind also remains calm and happy. We learn the art of working together. There are many benefits of playing games. Therefore every school has a playground. Games are played in these playgrounds in leisure time, games period or during the tournaments.

Kinds

Games can be classified in many ways e.g. physical games and mind games. There is a similar classification of games- Folk games and modern games. Cricket, Hockey, Volleyball, Football etc. are modern games. There are certain equipments, playgrounds and special rules to play them. On the other hand folk games are contrary to these modern games.

Their special characteristics are as following :

Folk games have been prevalent for centuries. These were made by our own people according to their own necessity and comfort. These games do not require any special equipment. In these games number of players is not fixed. Rules of games are also flexible. Some rules are fixed by the players

themselves. Games are played on the vacant or idle places wherever they are available nearby. Turn is fixed before playing any game. First of all, to fix the turn 'puga-pugata' (a method/an action by which the turn is fixed for the player) is done. There are different methods of fixing the turn.

- 1. First method:** First of all three players place their right hands on one-another's hands and toss their hands together in the air and then they are reversed or kept straight. If hands are placed upturned by two or three players and the third player's hands remain straight (palms facing the sky), then that player is supposed to be 'puggna'. In this way one by one all the players except one are supposed to be 'puggna'. If the position of the hands of all the three players is same, it means either their hands are upright straight or downward reversed, they are tossed together in the air till all the players supposed to be 'puggna' except one.
- 2. Second method:** All the players stand in a circle. One out of these players taps a finger or hand in turn on the shoulder of each player singing this song-

*Eengan meengan taali talingan
Kala, peela, dakkra
Gurh khawan, vail wdhawan,
Mooli patra.
Pattan waley, ghorre aye,
Hath Kutarri, paer kutarri
Nikkal baleya teri wari."*

The player who is touched at the sound of the last word spoken goes out. He is supposed to be *pugna*. By using this method again and again, the player left in the end, gets his turn fixed.

- 3.** Many games are played by dividing the players into two teams e.g. Kabbadi, *Gulli Danda* (Tip-cat), *Rassa-Kashi* (Tug of war) etc.

Names of Main Folk Games

The list of the main folk games is very long. Names of some of the games are like this- *Bandar Killa, Gulli Danda, Anna-Jhota, Lukan Meeti, Budhi*

Mai, Kotla Chhapaki, Bhandra Bhandria, Peengh Jhootna, Kushti, Kabaddi, Rassa Kashi, Shatranjh, Baran Beeti, Rassi Tappna, Khido Khoondi etc.

All these games are played both by boys and girls.

Let us know more about the rules of the folk games.

Kotla Chhapaki

Kotla chhapaki is a game played by small boys and girls in the villages. Number of players is not fixed in this game. This game is also known as '*Kaji Kotle di maar*'. This game is played by 10-15 children. Children prepare a '*Kotla*' (a twisted thick rope of cloth) with some wash-cloth or some other cloth by twisting it before playing this game. Then a child draws a circle with a twig or sharp object on the ground. All the children sit on the edge of the drawn circle facing inside. Now the child whose turn is fixed runs around the circle holding the '*kotla*' in his hand and sings this song-

*'Kotla chhapaki, jumme raat aayie
Jehra agge-pichhe dekhe, ohdi shamat ayie.'*



Kotla Chhapaki

The Children sitting in the circle repeat the same song after the child taking his turn. The child taking his turn keeps on running singing the same song - *kotla chhapaki jumme raat aayie*. No child can look back in this game. All the children keep their head bowed down. If any child tries to look back, the child on his turn gives him four-five beatings with his '*Kotla*'. He puts his '*Kotla*' secretly behind any child and completes his round and comes back to the same child. If the child behind whose back the '*kotla*' is placed does not come to know about the '*Kotla*', the child on his turn starts beating him with his '*Kotla*'. The child who is being beaten, starts running speedily around the circle to avoid his beating. He has to bear beating of the '*Kotla*', until he reaches back to his seat. If the child comes to know about the '*Kotla*', he picks the same and beats the child on his turn. He keeps on beating him until he takes a round and replaces his vacant seat. Thus, this game goes on like this.

Bandar Killa

This is children's favourite game. In some places '*killa*' is also called '*keela*'. Children get together in the lanes of the colony and find the place for '*killa*'(peg) to play the game of '*Bandar Killa*'. The children address each other by singing on starting the game :

*'Juttian-chapplan da,
Kar lo ve heela,
Hun apan rall ke,
Khedna Bandar killa'*

This means that we should arrange for the collection of the shoes and chappals as we have to play '*Bandar killa*'.

The children playing the game of '*Bandar Killa*' take their shoes off and pile them up near the peg. Then they tie a rope about 5 to 7 meters at the bottom of the peg. All the children playing the game of '*Bandar Killa*' do '*pugatta*' for fixing the turn for any one child. All the children after '*pugatta*' select the child for the 'turn'. This selected child is called 'Bandar' of the game.

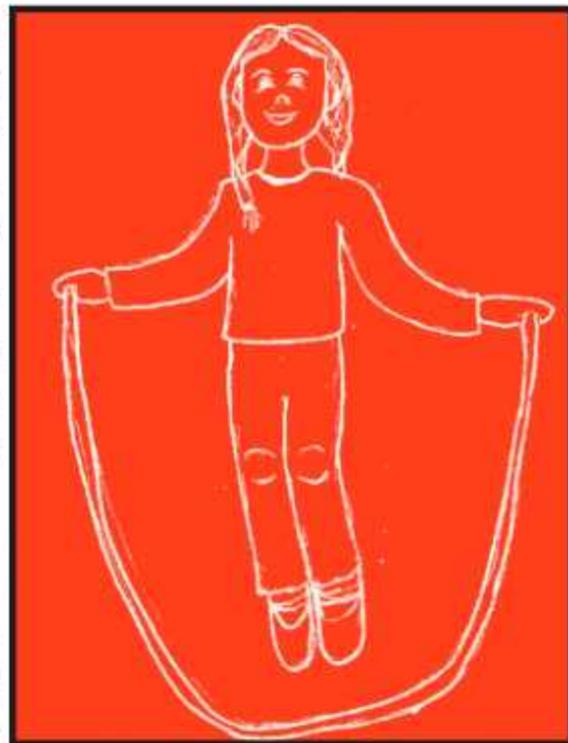


Bandar Killa

After this the '*Bandar*' child holds the rope tied to the peg carefully guards the heap of shoes and *chhapals*. The child guarding the shoes and *chappals* will try to touch any child without leaving the rope as per the rules of the games. Other children without getting touched by the '*Bandar*' try to pick shoes or *chhapals*. If the '*Bandar*' touches any child while picking the *chhapals*, that child has to perform his turn. If all the children become successful in picking all the shoes and *chhapals* without being touched by the child guarding the peg, will run towards the place to be touched, which is already fixed. All the children beat the '*Bandar*' child with their *chappal* or shoes until he reaches the fixed place. As soon as he reaches there, beating with *chappals* and shoes stops. Thus, some other child gets his turn to be a '*Bandar*'.

Rope Skipping

This game is popular among girls. This game is very good from the point of view of exercise. After deciding the 'turns', the last two left out children

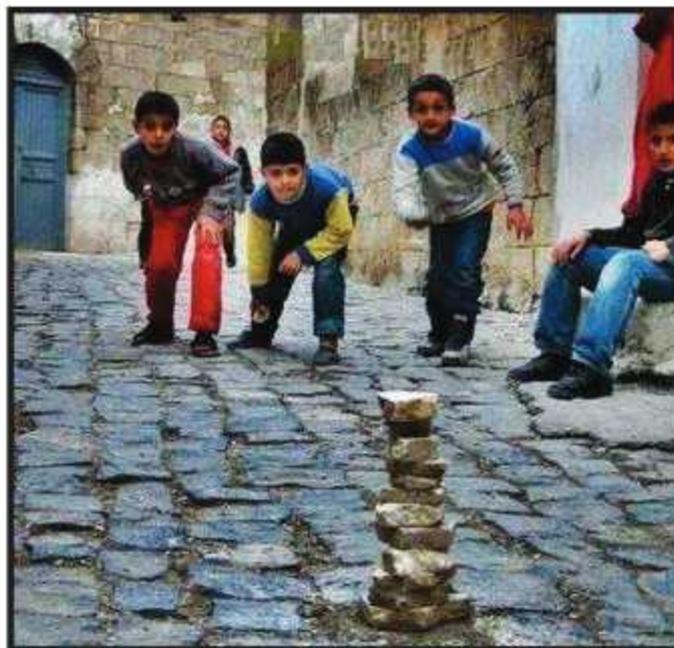


Rope Skipping

stand facing each other holding the rope, move it to the one side. Rest of the children standing in a queue come one by one or two-two together (as the rule is fixed) and skip the rope. The child whose feet are touched by the rope, is supposed to be out and then it is his turn to move the rope. Even a single girl can skip. This game is the favourite game of the girls but these days it is rarely played.

Pithhu

'*Pithhu Garam*' (to heat the back) is one of the favourite games of children of Punjab. Number of children is not fixed in this game. Children are divided into two groups. About seven-eight thikrees (pebbles or pieces of earthenware) are placed on top of one another in playing area. These are called '*Pithhu*'. A line is drawn at a distance of 10-15 feet from the pieces which are put in an orderly manner, both the teams perform '*pugatta*' (a methos of selecting one player for his turn).



Pithhu

Any one member of the winner team stands on the drawn line and hits the orderly placed pieces of the earthenware with a '*Khuddo*'(ball). A player is given three chances to hit the target. If the player remains unsuccessful after his three attempts, he is declared out of the game. If the ball is caught after one

bounce by the opposite team, even then the player hitting the pieces of earthenware is declared to be out. If he hits them successfully and scatters them on the ground, it is called Breaking of the 'Pithhu' Pithhu is broken."After this the hitter tries to collect all the pieces. Meanwhile, the members of the opposite team hit the player collecting the pieces with the ball. If the player places the earthen pieces orderly before he is hit with a ball it is called Pithhu Garam. Then he deserves another turn. He is declared out if he fails in placing the pieces orderly. In this way another player gets his turn to hit the earthen pieces. Thus, this games starts again.

Importance

Children play different game in villages. Each game imparts a different quality to the child e.g. *Kotla Chhapaki* game increases quickness in the child. *Pithu Garam* and Tip-cat make the child a good shot and *Bandar Killa* teaches how to be defensive. Wrestling and Kabaddi increases the physical strength. All these games make even the brain sharp especially, Chess gives the brain a very good exercise.

While these games enhance the interaction among children, they also help in maintaining our heritage and culture. We can say that these games are a boon for life which help in the all round development of the children. Today these folk sports need to be revived.

EXERCISE

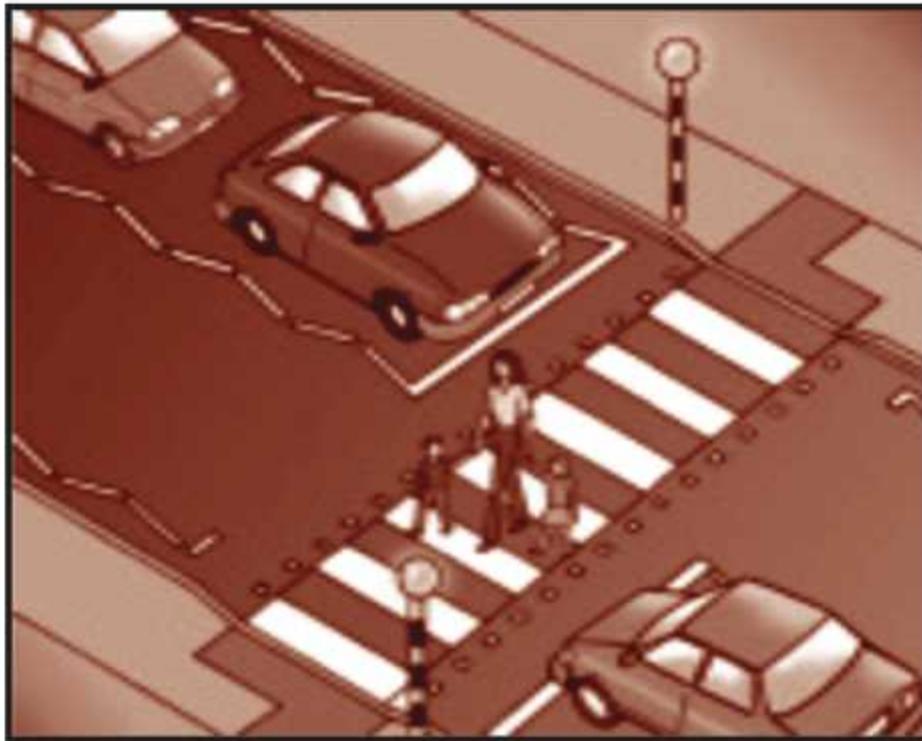
1. Name any two games of children.
2. How many ways are there of 'Pugatta'? Explain any one.
3. Write a note on the importance of the Folk games.
4. Describe the method of playing the game 'Bandar Killa'.
5. Which folk game do you like the most? How is it played?



Lesson -5

SAFETY EDUCATION

Children, many times you must have noticed these words written on the roads or on the buses , 'Safety Saves', 'Do not drink and drive', 'Use dipper at night'. These things save us from accidents and collisions. This knowledge of self protection is called self-defence. Every day we read in the newspapers, two trucks collided, a scooterist run over by a truck, a bus fell in a khud etc. Such accidents cause much loss of life and property. Many families have been ruined. That is why in today's mechanized age when there is fast progress in the means of transportation, the need for safety education has become very important.



Proper way of crossing the road

Through this safety education we can save ourselves from accidents to a great extent. Usually, children are victims of various accident at home, school, while walking on the road or while playing. Walking in the wrong

direction and that too carelessly, results in injuries. Sometimes, it is fatal. If we pay proper attention to safety education, there is no reason that we should meet with an accident. Knowledge about safety education, makes us live a happy life.

There can be many causes for such accidents. Some of them are given below:-

1. No proper attention to self safety. To drive at a fast speed.
2. Improper use of vehicle lights.
3. Driving under the influence of alcohol or other intoxicating drugs.
4. Driving carelessly on the road.
5. Not giving proper indicators to the vehicles coming from the opposite side in a proper way to guide the other.
6. Sometimes, because of paucity of time or trying to reach a place early, we want to overtake the next vehicle. This can also result in an accident.
7. The breakdown of car, cycle, scooter or motorcycle can also cause accidents. The failure of brakes, wrong functioning of the steering wheel and tyre-burst etc. can also become cause for accidents.
8. Sometimes, a trivial mistake results in an accident, like throwing away a banana peel on the road. Any passerby can slip over it and collide against some vehicle.
9. These days young children who possess no regular driving licence continue drive tractors, motorbikes and scooters. This hobby, can become a cause of their death or accident.
10. We should drive our vehicles very carefully wherever there is a *chowk* or a turn. Traffic lights are installed now-a-days for the convenience of public. We should understand the indication given by the lights and cross the road as per our turn. The chowks or the turns, where there is no arrangement of traffic lights, a traffic policeman is always there, watch his hand signals, understand and follow him to cross the road by signals. Some vehicle drivers do not

understand his hands or deliberately ignore them, even then accidents happen.

11. Sometimes, the soil around the road is soft and wet or is lower than the road level. When we turn or try to pass by that area, it also becomes one of the reasons of road accident.
12. The poor eyesight of the driver or his ignorance about the rules of traffic, also results in accidents.
13. Sometimes, the same driver continues to drive for long hours on a long journey. Consequently, he feels tired and sleepy, And at times, this also results in road accident.
14. Livestock should be kept away from roads. When they are made to cross the road, one should be careful about the vehicles. Many times the drivers meet with accidents while saving the animals or the vehicle from the animals. In such a case, it is not the fault of the driver, but that of the owner of the cattle, who makes them cross the road carelessly.
15. Rapidly growing population is also a hurdle in the way of safety education.

Safety From Accidents at Home

Fire Accidents

Some of the reasons of fire accidents can be as following -

1. negligence of fuel used in the kitchen.
2. uncovered electric wires or short circuiting
3. smoking of '*beedi*'(tobacco), cigarette.
4. leakage of gas in the kitchen.
5. defective electric devices.
6. reckless firing of crackers.

Safety Measures

1. Kerosene and LPG gas should be kept away from the fire.
2. Ensure to switch off the gas stove or put out the fire of the hearth before going out of home.

3. Do not smoke '*beedi*' (tobacco) or cigarette.
4. There should be an arrangement of a fire extinguisher at home.
5. Fire crackers should be burned at open spaces away from home.
6. Most of the people die due to electrocution every year. Make sure that electric wires should not be uncovered while using cooler, refrigerator etc. Rubber footwear should be worn while using such appliances. Turn off the main switch immediately in case of electric shock. Immediately inform fire-brigade in case of fire.
7. One should be extra careful while using fuel in the kitchen. Following precautions should be taken while working in the kitchen :-

Injuries

There can be many reasons of injuries at home :-

1. Falling on slippery floor - Big injuries can occur by falling due to soap, shampoo, oil, water, peels of banana etc. scattered on the floor of the kitchens, bathrooms or other places.
2. Stumbling - Sometimes we stumble due to disorderly things placed at home, unmindfully or due to lack of light at homes. This may cause serious injury.
3. Injury while climbing the stair-case - Sometimes injury is caused due to slipping of our foot while getting down or climbing up the stair, sometimes even bones are broken during such injuries.

Safety Measures

Improper use of chemicals/ pesticides/ medicines/ acid can sometimes be life-threatening. Place everything in proper order at home and be careful while using them. These things should be kept away from eatables. These things should be properly labelled and kept away from the reach of the children.

Poisonous gas or asphyxia

There can be a risk to one's life due to leakage of poisonous gases. Sometimes in the winter season, the doors of the room are closed after

keeping the charcoal hearth. The amount of oxygen decreases due to closed windows and doors. It sometimes leads to death due to asphyxia.

Safety Measures

The bedroom should be airy. There should be a proper arrangement of inflow of clean and pure air, so that sufficient amount of oxygen remains available for comfortable breathing.

Thus, we can avoid many accidents by taking such precautions. Remember, life is precious. It should not suffer any harm due to our ignorance and negligence.

EXERCISE

1. What do you understand by self-security?
2. Why is the need of self-security?
3. What are the causes of injuries in a house ?
4. What are the methods of safety in a house?
5. Which lights are used to direct the traffic properly?
6. What kind of harm can be caused due to poisonous gas leakage ? How can suffocation be avoided?



Lesson - 6

NATIONAL FLAG

National Flag is the symbol of culture and civilization of every independent country. It is the honour and glory of a nation and a symbol of pride of a country. It is the prime duty of every resident of a country to maintain the honour and respect of this priceless asset. If it is in danger of any kind, one should not hesitate to make any sacrifice for its protection. It is the duty of every citizen to struggle to maintain its honour and glory in times of war or peace. Every child, every youth and every old man should have a deep sense of respect for the National Flag. If need be, everybody should be prepared to sacrifice life for its protection.

Children are being given its complete information by including the chapter of the National Flag in their curriculum. By celebrating Independence Day on 15th August and Republic Day on 26th January every year at the National level, information is given about its significance.

History

After centuries of slavery in 1947, when India achieved its freedom, a flag was also prepared for the Independent country. The Tri-colour was adopted by the constitution on 22nd July in 1947. It was hoisted at of the Red Fort on the night of 14th/15th August 1947. In 1950, an act was passed in the Parliament, according to which nobody can show disrespect to the shape or the symbol of National Flag. The violation of this Act shall be punishable with imprisonment of three years or with fine or both.

Shape

It is rectangular in shape. There are three stripes of different colours and of equal size. That is why it is called 'tri-colour'. In the middle stripe there is a circle. There are three colours in the National Flag:

1. Saffron

2. White

3. Green.



National Flag

Colour

- 1. Saffron colour:** Saffron colour has been taken from fire. Fire has two qualities- offering sacrifice and destruction. So, the saffron colour is a symbol of chivalry and zeal which means helping poor, the needy and the weak and waging a war against evil deeds. This colour is on the top in the flag.
- 2. White Colour:** It is the symbol of virtue, truth and peace. The whole nation should be replete with such qualities. If it is there, the evil will die its own death. 'Ashoka Chakra' in dark blue colour is engraved in the centre of this stripe.
- 3. Green Colour:** It is the third and the lowest stripe in the flag. It represents the soil of the land. It is the symbol of the fact that 'the soil of our country is fertile and the fields are swaying' It shows that this country is an agricultural one and is rich and prosperous.

- 4. Askhoka Chakra:** In the centre of the middle stripe there is a wheel in a dark blue shade. It is the symbol of the wheel built at 'Sarnath' by emperor Ashoka. It is a reminder of the then civilization and of our freedom. The diameter of the wheel is almost equal to the width of the white stripe. There are 24 (twenty- four) spokes in it which inspire us to work round the clock. The wheel is also symbolic of action, movement and indefatigable hard work.

As a whole, we derive the following inspirations from the National Flag :

1. to be courageous.
2. to meditate and sacrifice, to maintain truth and peace.
3. to make the country fertile and prosperous.
4. to keep working tirelessly.

The tri-colour can be made of any type of cloth cotton, woolen or silken cloth. Often it is made from cotton cloth.

Size

The ratio between the length and breadth of the National Flag is 3:2. It is of five sizes.

1. 6.40 mt x 4.27 mt
(21 feet x 14 feet)
2. 3.66 mt x 2.44 mt
(12 feet x 8 feet)
3. 1.83 mt x 1.22 mt
(6 feet x 4 feet)

For hoisting purposes, this size is appropriate

4. 90 cm x 60 cm
(3 feet x 2 feet)

For the size appropriate for motor vehicles is

5. 23 cm x 35 cm
(9 inches x 14 inches)

The smallest size of the flag is displayed on the vehicles of only President, Vice-President, Governor, Lieutenant- Governor, Prime Minister, Chief-Justice and the principal representatives of India when they visit foreign countries.

Occasions for hoisting the flag.

The following are the occasions when National Flag is hoisted:

- 1. Republic Day :** The President of India unfurls the flag on Raj path in Delhi on 26th January. On the Government buildings of the country or wherever Republic Day is celebrated, the flag is unfurled.
- 2. National Week (6th April to 13th April) :** In the memory of martyrs of Jalianwala Bagh, National Week is celebrated and National Flag is hoisted.
- 3. Independence Day :** The Prime Minister of India hoists the National Flag on 15th August at the Red Fort. On all the Government buildings and on all buildings where this Day is celebrated, the flag is hoisted.
- 4. This flag is also hoisted during national conventions**
- 5.** It is also hoisted on 2nd October-Mahatma Gandhi's Birthday.
- 6.** If any state celebrates its own day, as Punjab celebrates the Punjab Day, even then National Flag is hoisted.
- 7.** In foreign countries where any Indian representative stays and when Indian teams participate in international matches, the Indian Flag is hoisted along with the flags of other countries, in the stadium.
- 8.** The flag is hoisted everyday on the buildings of the Lok Sabha, the Rajya Sabha, the Supreme Court, the posts of National boundaries, the Official Residences of the President, the Vice-President, the Governors and the Lieutenant- Governors.

Precautions Regarding the Use of National Flag

- 1.** Saffron colour should always be on the top while hoisting the National Flag.

2. Flowers or petals can also be folded in flag so that it looks graceful at the time of unfurling.
3. At the time of conferences, the National Flag should be at the back of the presenter and above his head and the other ornamental things.
4. At the time of the Jalsas and festivals, the flag should be in the front, slightly on the right side of the dais and hoisted from there.
5. In a procession, the pole of the flag should be on the right shoulder.
6. Flag should be hoisted at the sun-rise and lowered and properly folded at the sun-set.
7. The flag should be raised fast and pulled down slowly.
8. The only flag which can be hoisted higher than the National Flag is that of the United Nations Organization (U.N.O).
9. Only one flag can be hoisted at one pole.
10. The flag cannot be lowered while saluting someone.
11. The flag should never touch the ground or fall in water.
12. The colours of the flag should never be used for decoration on curtains, bedsheets or clothes. Embroidery or printing of the flag is not permitted on sheets, bags, cushions, handkerchiefs, boxes or walls. Nor should anything be embroidered on the flag itself.
13. If the National Flag is to be printed on a pamphlet or a hand-bill, only government can display it.
14. A torn-flag or a flag with faded colours should not be hoisted. It should be burnt with proper respect.
15. On the demise of a great man only that flag should be displayed half-mast or lowered which is hoisted everyday. Flag can also be hoisted half-mast where the dead body of a great man is placed.

The National Flag is the symbol of love, glory and honour of all countrymen. We always wish to see it fluttering.

EXERCISE

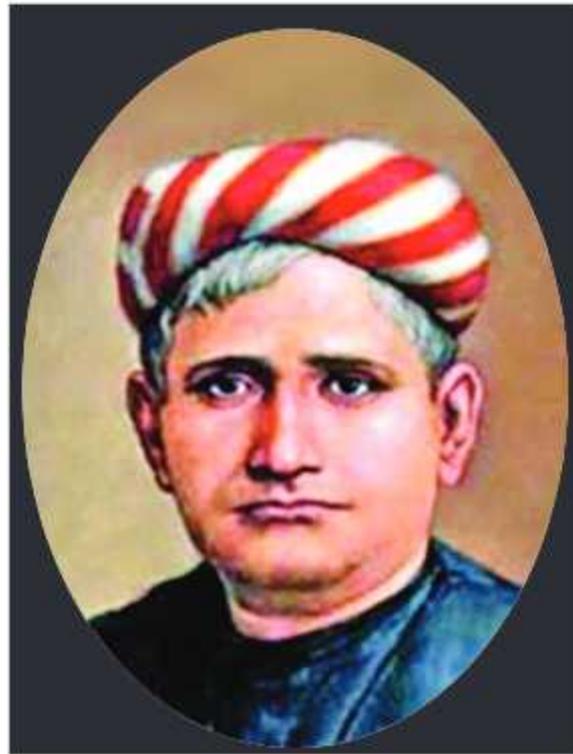
1. Which are the three colours in National Flag? Throw some light on the significance of these three colours?
2. On what occasions can the National Flag be hoisted?
3. Write a note on the shape and size of the National Flag.
4. At what time should the flag be hoisted?
5. Which points should be borne in mind at the time of hoisting the National Flag?
6. Fill up the blanks with suitable words, selected from the following :
(President, Governors, Lieutenant-Governors, Prime Minister.)
 - A. hoists the flag at the Red-Fort on 15th August.
 - B. unfurls the flag at Raj Path on 26th January.



Lesson-7

NATIONAL SONG AND NATIONAL ANTHEM

India attained freedom from British rule on 15th August 1947. With a view to maintain the freedom and to instill the sentiments of unity and zeal, the two songs given recognition are '*Jana-Gana-Mana*' and '*Vande Mataram*'. Both the songs are deeply associated with the struggle for the freedom of country.



Sh. Bankim Chandra Chatterjee

Vande-Mataram

This song was written by Sh. Bankim Chandra Chatterjee in the book '*Anand Math*' in 1882. In 1896 the Indian National Congress sung it for the first time on a political jalsa. Its music was composed by Sh. Rabindra Nath Tagore. The song is as follows :-

Vande Mataram
Sujalam Suphalam Malayaj-Sheetalam
Shasya Shyamalam Mataram.
Vande Mataram

Shubhra jyotsna Pulkita Yaminim
Phula kusumit Drumadala Shobhinim
Suhasini Sumadhura Bhashinim
Sukhdam Vardam Mataram
Vande Mataram

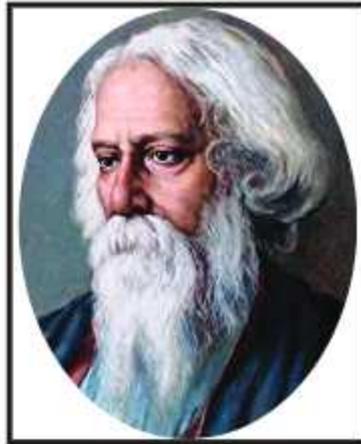
The meaning of the National song is as below:

O! Mother Bharat, we salute you.

Your water is very pure. You are laden with beautiful flowers. The breezy winds of the South fascinate our minds. Hey ! Motherland, we salute you time and again.

Dear Mother! Your nights are brightened by the white blooming light of the moon. And we derive pleasure out of it. You are laden with flowers and the green and fresh trees lend grace to you. Your smiles and your words bless us with sweetness and joys. Hey Mother, you are giver of boons and bliss. We salute you.

Jana-Gana-Mana This Anthem was composed by Rabindranath Tagore.



Sh. Rabindranath Tagore

This Anthem was sung on 27th December 1911 at a political meeting of the Congress. On 24th January 1950, the constitution approved the Jana-Gana-Mana as the National Anthem. The Anthem runs as below:-

*Jana-Gana-Mana adhinayak jaya hai,
Bharat-bhagya vidhata.*

*Punjab, Sindh, Gujrath Maratha
dravid utkala vanga*

*Vindhaya Himachal Yamuna, Ganga
uchchala jaladhi Taranga*

*tav shubh naame jage tav shubh aashish maghe
gahe tava jaya gaatha*

*Jan-Gan-Mangal-dayak-jaya hai
Bharata bhagya vidhata*

*jaya hey, jaya hey, jaya hey
jaya jaya jaya jaya hey!*

Its theme is

O Lord! You are the master of the minds of innumerable people and the architect of the destiny of India. Further, illustrating the picture of the dear land it has been said that the people of our provinces-Punjab, Sindh, Gujrat, Maharashtra, Orissa, Bengal and Dravid, our mountains Vindhayachal and the Himalayas and our holy rivers, Ganga, Yamuna and the rising waves of the vast ocean, recite your (God's) name. We pray to receive your blessings and sing the glory of your countless qualities.

O God! You impart joy to everybody. Be you always victorious! You are the architect of India's destiny. We always sing your glory.

The duration of the recitation of the whole anthem of *Jana-Gana-Mana* should be between 48 seconds to 52 seconds. In brief recitation, it should not take more than 20 seconds.

Though both the song and Anthem have been given equal recognition. Yet, *Jana-Gana-Mana* has become more popular because of its simple language and easy recitation.

The tune of the National Anthem is played on special occasions as mentioned below:-

1. On 15th August at the time of hoisting the National Flag.
2. On 26th January, at the time of unfurling the National Flag.
3. At the time of salutation to the President and Governor.
4. At the time of giving prizes to the winning Indian players at International sports competitions.
5. At the end of some vast national congregation.

Precautions while singing the National Anthem or playing its tune:

1. The singers of the National Anthem and listeners should stand to attention.
2. Physical movement and discussion during its recitation is its insult.

EXERCISE

1. Write the National Anthem - *Jana-Gana-Mana*.
2. Write the National song - *Vande Mataram*.
3. What is the significance of the Anthem - *Jana-Gana-Mana*?
4. What is the meaning of '*Vande Mataram*'?
5. Fill up the blanks :-
 - (a) *Jana-Gana-Mana* has been composed by (Mahatma Gandhi, Rabindranath Tagore, Subash Chander Bose)
 - (b) '*Vande-Matram*' has been written by (Sarojini Naidu, Jawahar Lal Nehru, Bankim Chandra Chatterjee).
6. On what occasions can the tune of the National Anthem be played?



Lesson-8

DRUG - a CURSE

The devil of drugs (intoxicants) has started to spread his net in a country like India which is a the land of saints, spiritual guides and incarnations (descents). Students of school, colleges and universities are in the grip of bad habit of taking intoxicants. These intoxicants are destroying their health, money, family and social relationships, prestige and botherhood. They are being pushed away from their own people/ relatives. There are some people in the society who do the business of selling drugs for the sake of money and destroy innocent lives of people. Drug Peddlers, first make the youth habitual of taking intoxicants and gradually force them to do anti-social tasks by giving them the lure of intoxicants. The children too are not safe from these intoxicants. The reason behind this is that these intoxicants are easily available for them e.g. alcohol, opium, cigarette, zarda (Tobacco), khaini (Chewing Tobacco) etc. Children are inclined to take the intoxicants because of their easy availability.

DRUGS AND THEIR BAD EFFECTS:-

- 1. Alcohol:** Alcohol is such an intoxicant which destroys digestive system, thinking power and memory of an individual. One who consumes alcohol loses his/her consciousness. It is also one of the causes of domestic disputes.
- 2. Cigarette:** Cigarette smoking is becoming a fashion these days in Punjab. Smoking is very harmful for health. Cigarette contains a poisonous substance called nicotine that adversely affect our heart, brain, blood vessels, thinking power and lungs. It also causes lungs and mouth cancer.

- 3. Tobacco:** Tobacco is a deadly drug. About 10% people in India die due to tobacco borne diseases. Cigarette, beeree and zarda are made from tobacco. People who use tobacco are affected with throat, wind pipe and lung cancer.
- 4. Zarda:** Zarda is made from dried tobacco leaves. The cheaper this drug is, the worse are its effects. It causes throat, mouth, tongue and teeth cancer.

ADVERSE EFFECTS OF DRUGS:-

A drug addict loses his identity in his family. Everybody wants to stay away from him. Nobody wants to keep any relation with him. Drugs are a curse for a family, society and country. A person might die due to consumption of these drugs. Hence children should avoid taking these drugs and lead a healthy life.

EXERCISE

- 1.** Which drug destroys a human being's thinking power and digestive system?
- 2.** Which poisonous substance is found in cigarette?
- 3.** What are the effects of alcohol on our body?
- 4.** What is the identity of a drug addict in the society?
- 5.** Which intoxicants cause cancer?



