

Work Integrated Education

Activity Book

Standard

IX

Part 1

Self Grooming



Department of General Education
Govt. of Kerala

Prepared by
State Council of Educational Research and Training (SCERT), Kerala
2024

THE NATIONAL ANTHEM

Jana-gana-mana adhinayaka, jaya he
Bharatha-bhagya-vidhata
Punjab-Sindh-Gujarat-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
Uchchala-Jaladhi-taranga
Tava subha name jage,
Tava subha asisa mage,
Gahe tava jaya gatha.
Jana-gana-mangala-dayaka jaya he
Bharatha-bhagya-vidhata
Jaya he, jaya he, jaya he,
Jaya jaya jaya, jaya he

PLEDGE

India is my country. All Indians are my brothers and sisters.
I love my country, and I am proud of its rich and varied heritage.
I shall always strive to be worthy of it.

I shall give respect to my parents, teachers, and all elders, and
treat everyone with courtesy.

To my country and my people, I pledge my devotion. In their
well-being and prosperity alone lies my happiness.

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Foreword

Dear children,

The world has developed into what it is today, thanks to human creativity and intelligence. One of the many things that makes humans distinct from other living beings on earth is their ability to think and act collectively. Ideas that are generated from these collectives are then put into practice.

Excellent communication skills and the capability to work together and support others for the betterment and benefit of the society that one lives in, speaks volumes of the personality of an individual. How well humans would be received and accepted in the world that they live in, would depend on the manner in which they interact with their fellow beings, the world around them and the environment in which they live. Therefore, the most important skill that a human should develop through education and learning is also the same.

By the time one completes their school education, they should have developed the skill to attain and maintain physical, mental and social wellbeing which should in turn become a habit. This book on Self-grooming is a primary step towards this direction, as it would help organize lives properly and inspire you to choose suitable career paths.

Work Integrated Education intends to bring about an all-round development in the individual as it helps you grow up to be an exceptional nation builder.

May you all evolve into exceptional individuals and worthy citizens of the country!

Warm regards

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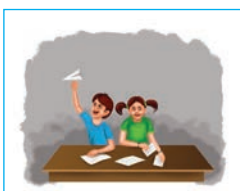
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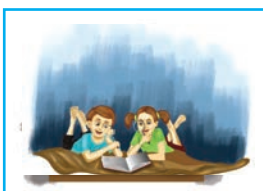
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Contents

	Area	Page No
1	Self-awareness -----	07 - 15
	Knowing Yourself	
2	Resistance and Progression -----	16 - 22
	Strive Forward	
3	Self-Care -----	23 - 29
	Let's be Self-reliant	
4	Emotional Wellness -----	30 - 38
	Emotions and Wellness	
5	Social Wellness -----	39 - 50
	Let's Unite and Empower Ourselves	
6	Environmental Wellness -----	51 - 60
	With the Rhythm of Nature	



Activity



Trivia



Moving ahead



Key Takeaways

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

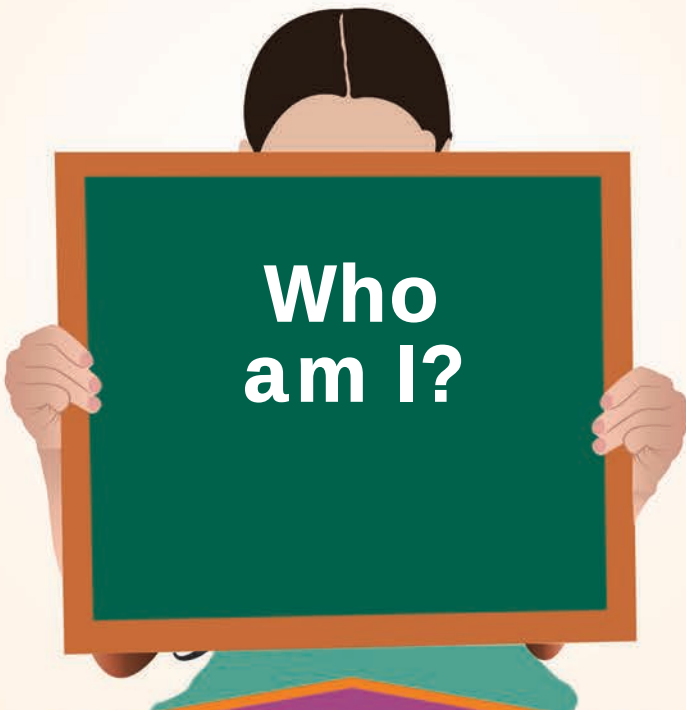
LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the ²[unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)



Who
am I?



Self-Awareness

Knowing yourself is the beginning of all wisdom.

- Aristotle



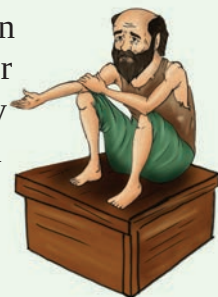
Unit 1

Knowing Yourself



Along a bustling street, stretched a long line of beggars. Among them were physically disabled and visually impaired, who gazed at their empty begging bowls, hoping for coins from passersby. Towards the end of the line, a man sitting on an old wooden box, caught the attention of the passersby. “Why are you sitting on this wooden box and begging?” asked one of them. He replied that he had inherited the box from his grandfather and was now safeguarding it.

One fine morning the beggar was found lying dead on the wooden box. After his cremation, people discovered that the old wooden box contained valuable gold and silver coins. The grandfather had set aside a fortune inside the box for the man to live a happy life. Unfortunately, he was unaware of this and had been safeguarding the box without realizing its worth. He lived as a beggar and passed away without ever experiencing the wealth hidden within!



Have you read the story? What is the moral of the story?



The man never cared to open the box on which he sat. What if he had?

Many of us, like the begger who never discovered the treasure within the wooden box, lives our lives without realizing the resources around us and the great talents and potentials within.

Self-awareness leads humans to achieve success in life.

Individuals who realize their abilities and limitations can effectively plan for a successful future.



Activity 1

Who am I?

What abilities do you have? How about preparing your own talent box?



Talent Box

Materials required :

Chart card, scale, pencils, scissors, glue, marker, A4 colour papers, and decorative items.

Cut five squares of equal size from the chart card. Stick them as shown in the picture using paper tape.

Paste your photo or write your name on the center square.

In the squares that come on the sides, write some positive

traits you believe you possess.

Make a lid and attach the same to the box you have made by joining the 4 squares.

Now, take a paper and write your name on it, then pass it to the student on your left. Each student has to write at least one quality that they find in you. Continue passing the paper until it reaches back to you. After finishing the activity, read the comments from your friends about you. Finally, collect all the notes and thoughts you've gathered and add to the list you have prepared. Do not forget to make the box beautiful.

Make a comparison between what you had thought about yourself and what your friends thought about you. Note down your findings.



People will notice only the talents you exhibit before them. Showcasing your talents is as important as being aware of them. Sometimes, we are unaware of having some talents within us. But these talents and qualities are discovered and valued by others through our behaviour and actions.

Mark those abilities and talents which you possess from the given list. You can skip those which is not suit for you.

Statements	Very True	True	Occasionally True
1. I have the aptitude to learn different languages.	☐	☐	☐
2. I find reading a pleasurable experience.	☐	☐	☐
3. I enjoy narrating stories.	☐	☐	☐
4. I try to use appropriate words to communicate.	☐	☐	☐
5. I practice mental maths.	☐	☐	☐
6. I am interested in solving mathematical problems.	☐	☐	☐
7. I am good at making decisions after analysing the different aspects of problems.	☐	☐	☐
8. I take into account all perspectives of an argument before arriving at a decision.	☐	☐	☐
9. I am interested in drawing, painting and designing.	☐	☐	☐
10. I have a clear sense of direction.	☐	☐	☐
11. I effectively use visual aids in my learning process.	☐	☐	☐
12. I participate in sports and games with great interest.	☐	☐	☐
13. I learn through activities and experiments.	☐	☐	☐
14. I use body language and gestures for effective communication.	☐	☐	☐
15. I love listening to music.	☐	☐	☐
16. I enjoy the rhythm while listening and reading poetry.	☐	☐	☐



17.I compose music for the poem I write.	☐	☐	☐
18.I am happy to collaborate with friends.	☐	☐	☐
19.I aspire to be a good listener.	☐	☐	☐
20.I am able understand the mental state of others and behave accordingly.	☐	☐	☐
21.I can communicate with others effectively.	☐	☐	☐
22.I set personal goals for self-improvement.	☐	☐	☐
23.I note down my thoughts and emotions regularly.	☐	☐	☐
24.I strive to recognize my abilities and limitations.	☐	☐	☐
25.I love learning about nature.	☐	☐	☐
26.I nurture plants in my premises and care for other living beings.	☐	☐	☐
27.I appreciate and enjoy the uniqueness of each season.	☐	☐	☐
28.I am interested in nature photography.	☐	☐	☐

You can add more that are not included above.

-
-

Every individual is unique and is assessed on the basis of their capabilities. Life becomes successful once you recognize your abilities and utilize them. Understanding and working on one's strength can lead to greater accomplishments. It is not good to compare our talents with those of others. Every individual has unique strengths and opportunities. Recognizing and acting upon these lead to success.

You like your name, don't you? Write your name in English, and elaborate each letter of your name to highlight the characteristics/qualities you possess.





Activity 2

Me Chart

Prepare a 'Me Chart' including the potentials and abilities that you have identified in you.

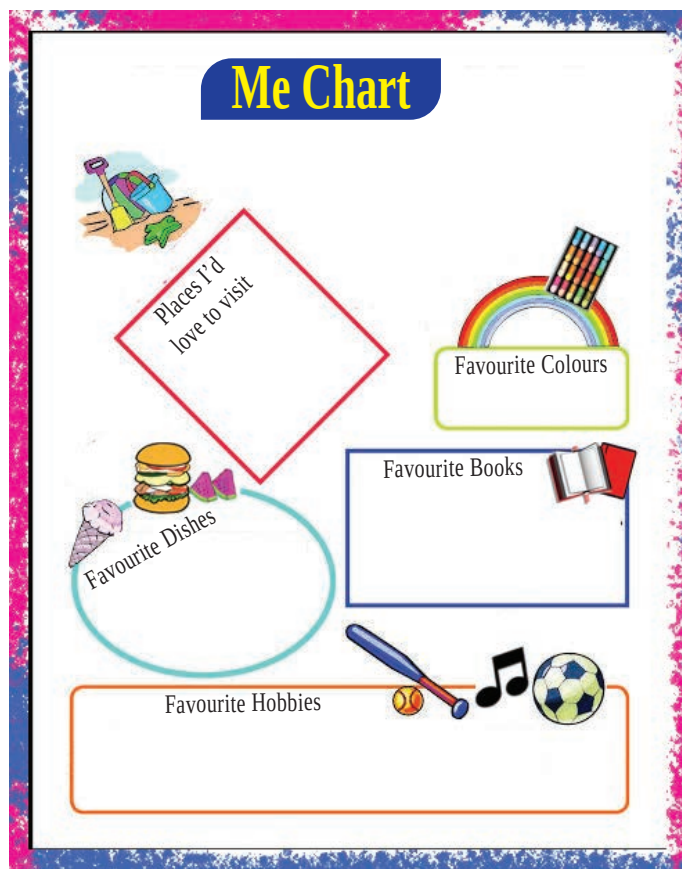
Materials required :

Chart paper, sketch pen, magazines with colour pictures, glue.

Prepare a chart using pictures from the magazine to showcase yourself and your talents.

It is better to conquer yourself than to win a thousand battles.

- Gautam Buddha



Self-awareness

Self-awareness is knowing oneself. A better personality is developed by realising one's own potentials and abilities through self observation and assessment. 'Personality development' in the basis of self-awareness.

Barriers to Self-awareness

Everyone is born with unique qualities but sometimes things go unrealised. Why does this happen?

Let us examine a few factors that hinder self-awareness.



- **Fear of change**

It is said that humans are slaves to their habits. Most of the people are skeptical to changes. Therefore, even if they are aware of their talents and potentials they are not ready to nurture or express them.

For the success and development of a person it is necessary to respond positively to qualitative changes.

- **Reluctance to accept weaknesses you are aware of**

Identifying your weaknesses is as important as knowing your abilities. Embracing such weaknesses is essential for self-development.

- **Lack of attention due to external factors**

In the present world there are so many external factors that hinder our focus in ourselves. Such external factors that adversely affect our focus in turn can have undesirable effects in our lives. For instance, in our modern lifestyle most of our quality time is stolen by the exceeding screen time. Such distractions have to be avoided and activities that enhance concentration have to be practised.

- **The absence of constructive feedback**

Lack of proper feedback on our activities and behaviour, challenges self awareness. Sincere feedback, from family or friends contributes to a more honest and insightful self assessment.

The Fragrance Hunter

In the twilight forest, where the wild things play,
A majestic creature roams, a sight to stay.
In shadows deep, where talents sleep
A musk unseen, like dreams in keep.

In woods of old, he roamed across
Through jungles dense, where vines crisscross
The musk deer roamed his heart aflame
But still, the scent, he could not claim.

He crossed the plains, where grasses sway,
And skies above, bright and gay,
But still, the musk, seemed far away,
And so he roamed, night and day.

Deep within you lies a secret force
A hidden stream, from source to course.
Each heart, a treasure chest, unlocked by will,
Discover, dream and dare to climb your hill.



Are you like the musk deer that is ever in search of the musk within?



A man is but the product of his thoughts. What he thinks, he becomes.

- Mahatma Gandhi



Activity 3

Professional Skills

Identify and write down the essential skills in the following professions.

Profession	Skills
Teachers	://
Bank Employees	://
Dancers	://
Tourist Guides	://
Scientists	://
Computer Experts	://
.....	://
.....	://



Activity 4

Let's Identify and Decide

Materials required:

Chart card, compass, pencil, scissors, glue, marker.



Which career do you prefer? What are the skills needed for it?

Cut four circles of eight centimeters radius from the chart. Let it be of four different colours.



Fold the circle into four equal parts and glue it as shown in the figure.



Write 'I' in the middle. In the upper portion, write the career fields or the jobs of your interest. In the second one write the skills you feel, you have to achieve. In the third one write obstacles and challenges and in the fourth one write your decisions or how to act to reach the desired career field.



To succeed in life, you must identify your limitations while nurturing your skills. Success is built on over coming challenges and seizing opportunities.



Key Takeaways

I have realized	😊	😐	😞
what my talents are			
there are many hidden talents in each of us.			
I can succeed in life by developing my potentials.			
I will accept my weaknesses and try to overcome them.			
that I can convert my challenges into opportunities.			





Resistance and Progression

*If you can't fly, then run, if you can't run,
then walk, if you can't walk, then crawl,
but whatever you do you have to keep
moving forward.*

— Martin Luther King Jr.



Unit 2

STRIVE FORWARD



SUCCESS IS NOT FAR

We all have goals and dreams that inspire us to move forward in life creatively. Yet, all circumstances are not favourable for us to achieve goals. How can we overcome unfavourable conditions and move forward? Let us meet some individuals who have overcome huge challenges in life.



Master Amal Iqbal

National Hand Wrestling Champion

Amal Iqbal, a remarkable figure in national handicapped wrestling, demonstrated extraordinary self-confidence and resilience despite severe physical challenges. Stricken by cerebral palsy, he needed assistance in reading, writing and even eating until he was ten years old. It was difficult for him to speak and move. He overcame these challenges by self and became a famous person.

He marked history in river rafting by successfully navigating Beas River in Himachal Pradesh and Tejaswini River in Kerala. Despite 90% of disabilities, Amal is a national-level hand-wrestling champion. His hard work fetched him two gold medals in hand wrestling and many other awards and honours.

Amal Iqbal won the national story-writing competition organized by the Ganga Foundation, Coimbatore for students with cerebral palsy. In 2019, he competed in the International Model UN Parliament in the general category and performed exceptionally well. He has bagged several awards, including the Best Diplomacy Award and the Special Achievement Award instituted by the Govt. of Kerala in 2023.



Shalin

Survivor, Entrepreneur

At the age of 35, as a single parent to two teenagers, Shalin started her life from scratch. At this time, she was facing the possibility of cancer for the second time and was under treatment



She encountered massive challenges like financial crisis, unemployment and lack of support from family, friends and community. Despite facing adversities, Shalin took on various roles, from being a caretaker for a friend's mother to working as a customer relations officer at star hotels and as a hospitality trainer. It was her proficiency to speak multiple languages and her education that enabled her to explore these opportunities. However, being a single independent woman in those days, brought hardships and she had to face various exploitations which made her switch jobs frequently. It



was tough for her, especially during her treatment period and times of natural disasters like floods, Okhi etc. as the disasters negatively impacted the hospitality industry.

She started an initiative called "Ente Chottu Paathram " to provide nutritious meals for three children who regularly had only lemon juice and puffs for lunch. Over a period of time, she managed to expand this initiative and now provides high-quality meals for approximately two hundred people at minimal rates. Inspired by her efforts, other women also began this venture of serving food to those in need and run their business ventures successfully.

Beyond her struggles, Shalin actively engages in various social and cultural activities. During the time of flood, she played a crucial role in the 'Oppamund Thiruvananthapuram' project. Many projects that support and uplift transgenders and differently-abled children are being planned and implemented by her.

One of Shalin's remarkable contributions is empowering forty mothers of autistic children to become entrepreneurs. Despite challenges such as disease, exploitation, exclusion and financial instability, Shalin inspires many. Her resilience in the phase of adversity, has made her a role model for her daughter, who is now a doctor, and her son, who is an engineer.

Adam Harry

First Trans man Pilot

Adam Harry held a profound fascination for the sky and airplanes even from a very young age. A toy aeroplane which was gifted to little Adam kindled his ambition to become a pilot. However, he struggled to accept the physical changes in his body during adolescence which created mental distress in him. He was restricted from climbing trees and playing cricket like boys despite his interest.



"I was afraid to reveal who I am. At the age of 12, when I had discovered my identity, what frightened me the most were my surroundings and my family." These are the words of Adam Harry, India's first trans man pilot.

Upon realizing his identity, Adam felt alienated at the girls only school. Humiliation and exclusion from activities he once enjoyed put him in great mental pressure. However, his dream of becoming a pilot served as a beacon of inspiration.



Eventhough at the age of 17, zie joined a course to become a private pilot in Johannesburg, zie had to face numerous obstacles along zir studies, one of which was due to the revelation of zir true identity. Due to financial crisis, zie worked in restaurants, slept in open areas, and studied in public libraries. Despite his challenging circumstances, zie excelled in exams. However, due to economic constraints, zie had to return home after a year and ended up in house arrest. Zie was also exposed to both physical and mental torture and was even taken to the hospital.

One day, zie left home with only a pair of clothes and got enrolled in an aviation academy. However, zie was forced to quit when they discovered that zie was a trans man. While zie was employed at a juice shop operated by 'Kudumbashree', news about zir spread on social media. A female officer from the Child Welfare Department noticed this and advised zir to seek assistance from the Department of Social Justice. Zie received a scholarship and support from the Department of Social Justice. This was a turning point in Adam's life. Zie faced challenges in securing employment in the aviation sector solely because zie is a trans man. After submitting an application to the Ministry of Civil Aviation followed by several interventions, the Director General issued circulars and directives regarding medical examination procedures related to transgenders. These directives aimed to ensure fairness and inclusivity in the aviation sector for transgenders. During the training programs in Johannesburg as a commercial pilot, Adam Harry had been actively involved in various social activities many of which addressed gender minority problems. Adam Harry's persistence and eventual success in overcoming obstacles, particularly in the face of significant societal challenges, are considered commendable achievements.

There will be similar people in your neighbourhood who have fought against all odds. How could they achieve it?



Activity 1

Invite one of them to your school for an interaction.

What aspects should be focused on while interacting with them?

- Challenges faced in life
- Ways they dealt with these challenges
- Decisions made
- Approaches adopted to achieve goals
- Support received from society
- Their present condition

Prepare relevant questions for the interview and discuss them in the class.



We have strengths, limitations and problems. We have to prepare ourselves with determination to progress by overcoming these hurdles. It's essential to face difficulties, seek solutions, and make decisions to move forward. It is important to have the courage to bounce back and take up challenges despite adversities and setbacks. Seeking help and guidance from mentors, peers, and professionals is crucial in navigating through life's challenges than trying to bear and tackle it alone. Being resilient in the face of adversity and having the willingness to seek support when needed are valuable traits.



Activity 2

Every problem has a solution

Read the following.

1. Ameya is highly interested in studies. She doesn't have time for anything else as she has lots to study. She often feels fatigued and mentally stressed, and struggles to focus on her studies which makes her lag behind her classmates.



2. Rony struggles to manage his anger, often resorting to throwing and breaking things, as well as exhibiting misbehaviour towards others. He finds himself excluded from his friends, which leaves him disheartened.

3. Rehana's parents are doctors, and she aspires to follow their footsteps. She is meticulous in her approach to tasks, feeling anxious if she cannot complete them accurately and thoroughly. She becomes emotional and sheds tears if she does not achieve full marks in exams. Rehana is afraid of making mistakes, lacks confidence, and is hesitant to take up challenges. At times, she even doubts her abilities, and feels worthless.



4. Kiran faces persistent exposure to humiliation and torture. He is often ridiculed by his friends and is always alone.

Have you or your friends experienced any of these challenges?

What potential solutions can be considered?

Divide the class into groups, and each group shall pick a specific point to focus on from the slips given by the teacher.



Points to Discuss:

- What issues are you facing?
- How do they impact your personal life?
- What solutions do you propose?

Each group should enact a skit based on the situations given to them and the solutions that they see as a remedy. All the skit presentations should be documented and the new awareness that you gained should be written down in your activity diary.



Key Takeaways

I have realised	😊	😐	😞
what my abilities are.			
what I want to become in life.			
the opportunities and ways to achieve my goals.			
the difficulties I face myself.			
how to overcome problems.			





Self-Care

*The most powerful relationship
you will ever have is the relationship
with yourself.*

- Steve Maraboli



Unit 3

Let's be Self-reliant

There are various places that we visit in our daily lives. When interacting with the public, at these places, we have to observe certain codes of behaviour. List out a few on the table given below.

1	Personal hygiene
2	Conservation of surroundings
3	
4	
5	
6	
7	
8	

We, as social beings have to face different situations in the society. A person is recognised by others when they are able to express themselves appropriately in a particular situation. In a society we have to be careful about our behaviour, dressing, personal hygiene, communication skill etc. We have to adapt ourselves to the changing scenario. If so, what all should we focus on to develop a better personality?

Prepare a note.

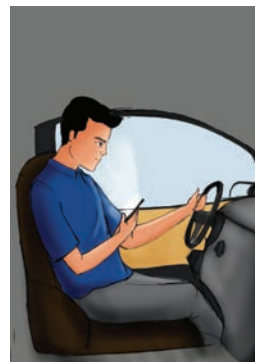
Self Grooming - Benefits

- Makes your personality more appealing
- Boosts self confidence
- Enhances communication skills
- Develops self-awareness
- Becomes more cheerful



Appropriateness in social interactions

Observe the pictures below. Consider each picture and note down whether the actions depicted are proper or improper.

☐☐☐☐☐☐

The actions that you found proper are the ones that we have to follow in the society.





Etiquette

The set of rules or customs that control accepted behavior in particular social groups or social situations.

How would you define social etiquette in your own words?

My definition :-

.....

.....



Activity 2

Role play

A few situations in your daily life are given below. You might have noticed the behaviour of people in such situations.

Present a role play based on these situations.

Situations

1. Traffic circle
2. Hospital
3. Hotel
4. Classroom
5. A passenger on the bus
6. A person speaking on a mobile phone

Based on the role play presented by other groups, note down the etiquette to be practised in different situations and share it with the class.

Tips to improve Social Etiquette

Traffic Etiquette

Don't overtake through the left.

Consider pedestrians.

Strictly follow traffic rules.

Park the vehicle only in the parking space provided.

Use headlights appropriately while driving at night.



Strictly adhere to the speed limit.

Don't be provoked or inspired by others' violations of the law.

Consider the disabled, children and pedestrians, crossing the road, while driving.

Don't overtake a vehicle that is overtaking another vehicle.

Be humane on road.

Avoid impatience and anger while driving.

Use horn sensibly.

Strictly follow the mandatory traffic signals.

Telephone Etiquette

When calling someone for the first time, begin the conversation by introducing yourself.

Let the person at the other end speak, and listen to them patiently.

Seek the permission of the other person while recording a phone call or putting it on loud speaker.

Speak in a moderate tone of voice.

Keep your phone on silent mode during meetings.

Social Etiquette

- Be punctual.
- Greet others.
- Listen before you speak.
- Maintain eye contact.
- Use polite expressions like 'please', and 'thank you' wherever necessary.
- Do not disturb others while speaking.



Self Reflection

- I don't talk during class.
- I don't waste food.
- I obey traffic rules.
- I don't carelessly throw waste around.
- I don't talk in public places in a disturbing manner.
- I behave courteously towards any guests.
- I respect all others.
- I keep my school bag neat.
- I keep my study room neat.



Activity 3

Panel Discussion

What are the codes of conduct to be followed in different occasions? Why are they important? Conduct a panel discussion on the same. Make sure that you include the points given below.

Points to discuss

1. Classroom behaviour.
2. Be in time for class, at least ten minutes before it commences.
3. Use of mobile phones while driving.
4. Chewing gum in class.
5. Eating while watching television.
6. Spitting on the road.
7. Congratulating others on their success.
8. Offering a seat to the elderly or those with disabilities, on the bus.
9. Throwing waste out through the window while travelling.



10. Grabbing food from others' plates without permission.
11. Talking over the phone while eating.
12. Etiquette in the exam hall.

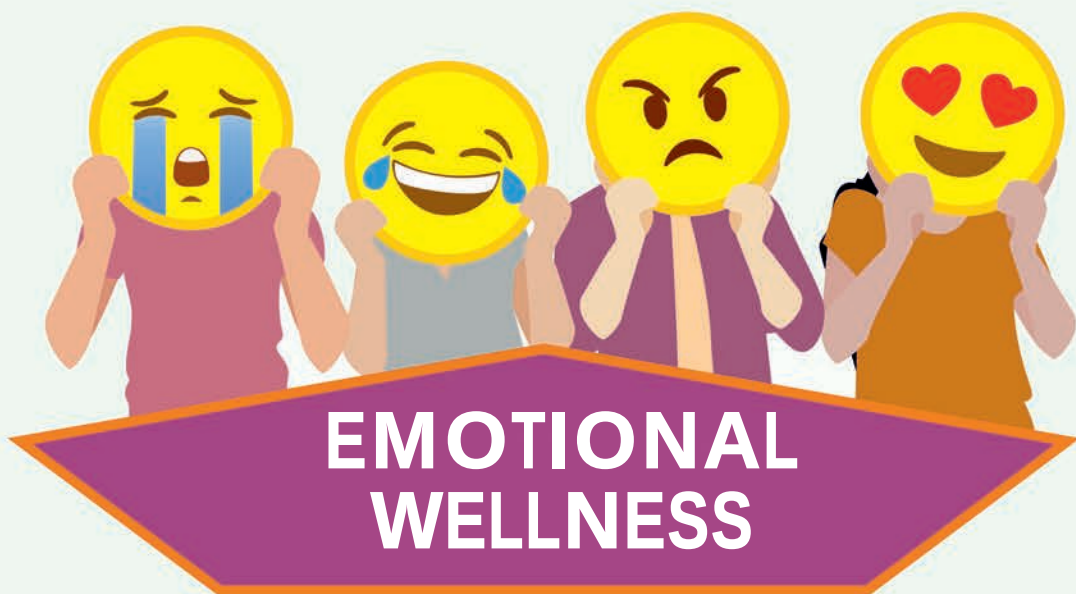
Present a report of your findings after discussion.



Key Takeaways

I have realized	😊	😐	😞
The importance of self-grooming in everyday life.			
Where I stand in terms of self-grooming.			
Areas for improvement as part of self-grooming.			
The need for an action plan for self grooming.			
How to overcome problems.			
The significance of evaluating activities that are planned and implemented daily as part of self-grooming.			





*Emotional health is not the absence of emotions,
but the ability to understand and move ahead through them.*

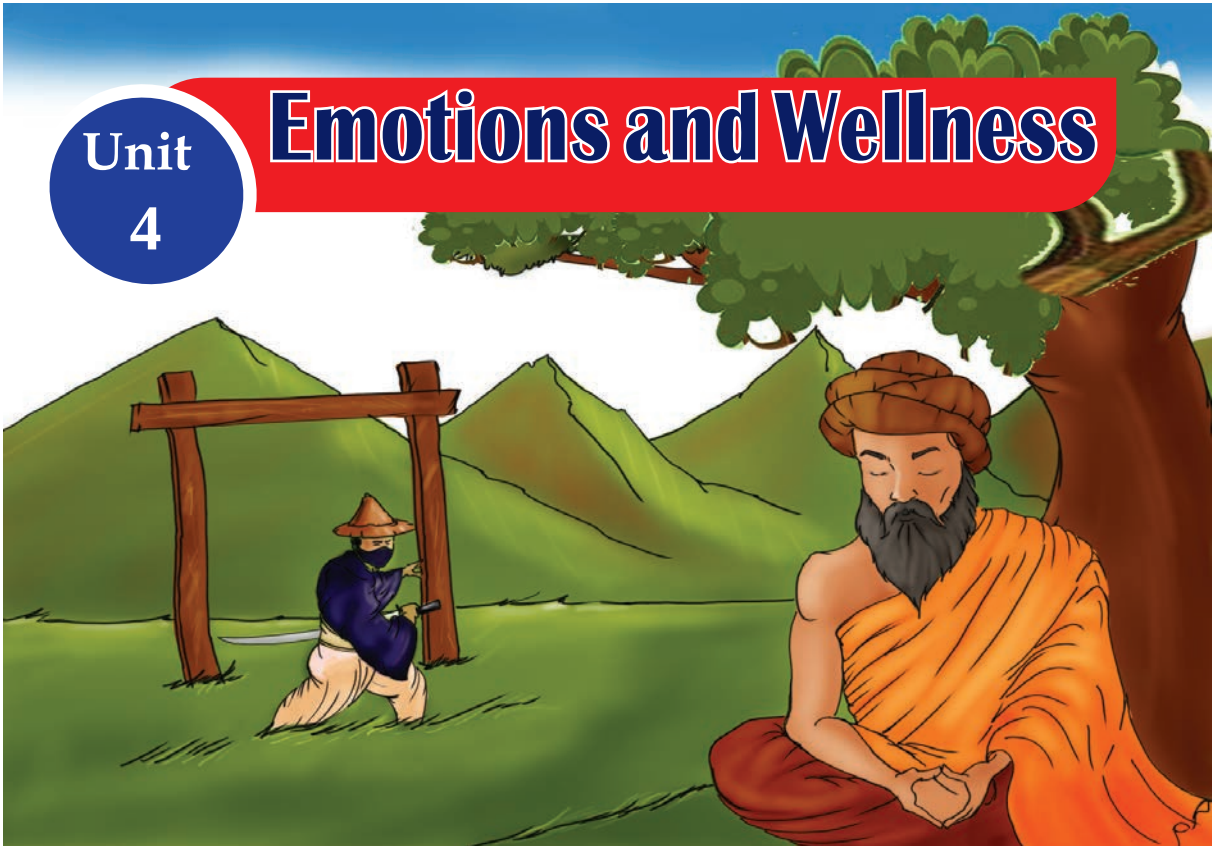
- Brene Brown



Unit

4

Emotions and Wellness



Once a brave Samurai warrior came to a Zen saint and screamed, "Hey saint, what is the difference between heaven and hell?"

The saint looked at him and said: "I have nothing to say. You are a simpleton. You don't understand what I teach any way. Go away!"

The Samurai became furious. How dare a monk address thus to a brave one? He started sweating. "How rude! I am going to kill you," he said, pulling out his sharp sword and pointing it at the monk. The monk looked at him with his kind eyes and said, "Ah...now you know what hell is."

Those words pierced into the heart of the warrior. He knelt in front of the monk with tearful eyes and thanked him. Then the monk said, "Now you know what heaven is."

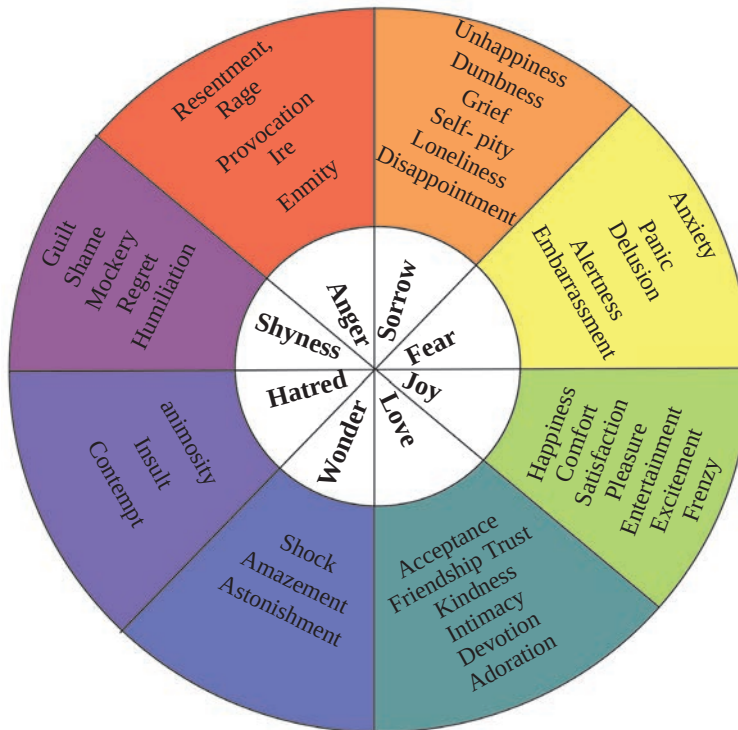
This is an old Japanese story.

Like the Samurai in this story, have you ever reacted without thinking and later regretted it?



In highly emotional situations, there is a greater possibility of inappropriate decisions and reactions. In such cases, the absence of thoughtful consideration can result in poor judgment, and you may only recognize it later.

Basic emotions and their variants



All of us have very likely experienced most of these to a greater or lesser extent.



Activity 1

Mime

Present the different situations given below in groups through mime.

- While walking in a crowd, a child accidentally stamps on your foot, causing you intense pain. The child ignores it and moves on.
- Your birthday is celebrated by your friends, who present you with a gift.
- You are on a submarine with your friends, enjoying the sights beneath the sea.
- You are travelling through the jungle with your friends, and suddenly one among you goes missing.



- You and your friends have decided to go on an excursion and have made all the arrangements. However, on that morning, you feel feverish and start vomiting.
- While you are traveling on the bus, a person offers to hold your heavy bag and makes space for you to sit.
- You give an incorrect answer to the teacher's question, and your classmates laugh at you.

What is your emotional state in each of these situations? How would you respond to these situations? Present your responses in front of your friends.

Emotions and Responses

Each emotion leads to significant changes in our bodies and thereby to our responses as well.

Emotions	Responses
Anger	The heartbeat increases, hormones such as adrenaline release, and the body produces the necessary energy for reaction. Prepares to attack the enemy.
Fear	Blood flows to the muscles attached to large bones, such as those in the legs, making it easier to run away. The face turns pale and creates a cold feeling. The body freezes and releases hormones like cortisol and adrenaline to stay alert. This response helps you be ready for action, whether it be hiding or fleeing from danger.
Joy	Accelerates the functioning of the brain. It helps to get rid of unwanted emotions and restores a peaceful state. Provides a sense of refreshment and boosts energy levels.
Love	Hormones such as oxytocin, dopamine and serotonin are produced. This reduces stress and anxiety, thereby helping to improve social relations.
Wonder	When you are astonished, your eyebrows raise and your eyes enlarge. You are interested in searching for more details about unexpected events.
Hatred	A feeling of intense displeasure, caused by disgust towards triggers that arouse repulsion.
Sorrow	It leads to sleeplessness, low energy, concentration problems, lack of optimism, loss of hope, and loss of appetite.



People's natural reactions to different feelings can vary based on the individual's experiences and culture. That's why everyone shows their emotions in different ways. In our community, it's important to share our feelings in a good way and also understand how others feel, both of which are necessary for life wellness.

Emotional Selfcare

Have you ever gone on a beautiful journey? Have you attempted to express memories of the experience that you had through words, drawing, painting, photographs or videos? What were the emotions that you could recreate through these creative activities?



The experiences that touch the mind can be joyful or sorrowful.

Have these experiences ever influenced you to write a poem or draw a picture?

Writers create their best works by drawing from their life experiences, through knowing, seeing, hearing, or reading. Through various creations, the creative sharing of thoughts and emotional experiences happen.

How do you express joy in the pleasant moments of your life?

- You make a call to your favourite ones.

-
-
-
-



How do you express grief in the saddest moments of your life?

-
-
-

Face to face

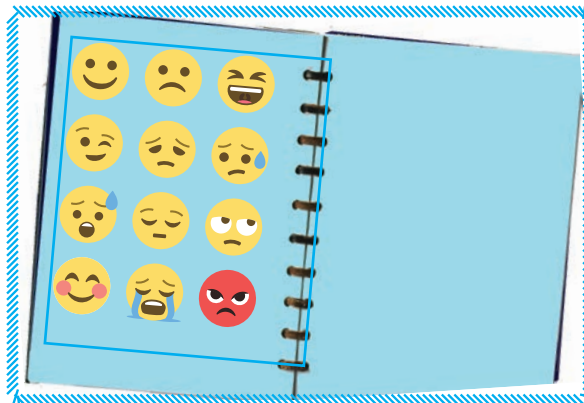
Share experiences with your friends that made you happy and sad.



Activity 2

Album

Draw various emojis reflecting different emotions. Each day, paste or draw a suitable emoji representing the emotion you are experiencing that day on a book page. Repeat this for seven days and complete the album. Evaluate the situations and emotions you went through using the emoji collection.



Activity 3

Talk to Nature

Nature has an immense ability to make us feel better. You can plant a sapling, preserve and nurture it. Enjoy the pretty views of nature. Record the things you enjoy by writing or drawing. Try to maintain such a diary, starting today.



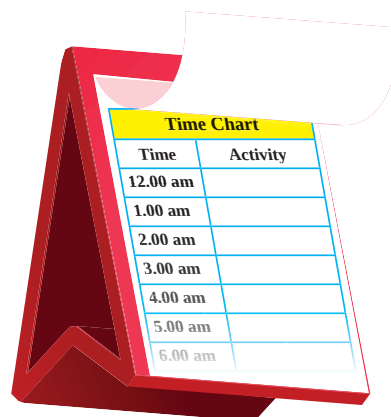


Activity 4

Time is Precious

What if a timechart is created to mark your daily routine?

You can mark your time on this 24-hour timechart, allocating specific time for learning each subject, mobile phone usage, playing, and exercise. You can draw pictures to make this timechart a beautiful one. It will help you organize your daily habits and decide the ones to be avoided and included.



Building good friendships

Another important matter is the building of good friendships. You have to take care of making and maintaining healthy friendships always. You should be able to say 'No' to unhealthy responses and negative relationships.

Significance of the Present Moment

The memories of the past and anxieties about the future often haunt us in our daily lives. To overcome such situations, we have to understand our present state of being and have to focus on our present happiness and likes. For this, you could do the following.

- Listen to nature. Observe and understand the sights, smells and sounds.
- Concentrate on what is happening right now.



- Accept yourself and be kind to yourself.
- Accept reality and avoid prejudice.
- Be aware of your thoughts and feelings.
- Don't get frustrated with yesterday and tomorrow. Practice finding joy and peace in the present.

Seeking help

If you have problems that you cannot solve, seek help from others.

It could be from your friends or family.

We must ensure that the persons we seek support from, possess the following qualities.

- They make you comfortable.
- They take care of your anxieties seriously.
- They value you.
- They are trustworthy.
- They help you to solve problems.

Based on the severity of the problem, don't hesitate to consult experts in the area.

Maintaining emotional well-being, requires accurate self-evaluation and engaging in activities that ensure emotional self-care.

How do you ensure emotional self care? And how do you retain it?

Mention the areas to be improved.





Key Takeaways

About myself			
I enjoy nature, at least for some time.			
I sleep for 8 hours a day.			
I am aware of the problems caused by excessive use of mobile phones. So I control its use.			
I make a daily to-do list.			
I schedule the things that need to be done.			
If I have done something the best way, I congratulate myself.			
I always engage myself in some creative activity.			
I have the confidence that I can complete the classroom tasks that I undertake.			





Social Wellness

*Human being is not born to live in isolation
but is essentially a social animal, independent and
interdependent.*

- Mahatma Gandhi



Unit 5

Let's Unite and Empower Ourselves



One early morning, many patients were eagerly waiting to see the doctor. An elderly gentleman arrived there in a hurry. He entered the room and said, “Will you please examine me urgently? I should reach home by eight o’clock. I need to have breakfast with my wife. It’s been three years since I have kept this schedule.” The doctor chuckled at this rather amusing statement and asked, “Why are you so particular about having breakfast with your wife.?” The man responded, “She is an Alzheimer’s patient. She cannot even recognize me.” His reply shocked the doctor.

“If she cannot recognize you, why are you in such a hurry?” the doctor asked.

Sobbing, the old man replied, “She may not recognize me, but I can very much recognize her.”

Have you read the story?

Strong interpersonal connections lay the groundwork for a stronger family and a stronger society.

How much does this narrative reflect on the concept presented in the story? Discuss.



Personal relationships

Personal relationships play a significant role in shaping one's life. They contribute greatly to fulfilling life in terms of familial and societal connections. Personal relationships influence one's perception of oneself and others and help in achieving success in life. Mutual respect and understanding are fundamental to maintaining these relationships. Recognizing and appreciating the best qualities in others, along with offering encouragement and support, are crucial for sustaining strong personal connections.

Personality is enhanced through communication, behaviour, and attitude. Words spoken with a pleasant face could be the key to fostering attractive interpersonal relations. People accept those who have good communication skills. To achieve this, pay attention to the things mentioned below.

- Simple Language
- Showing respect in interactions
- Speaking in a friendly way
- Being gentle
- Impartial observation
- Clarity in speech
- Being moderate
- Appropriate voice modulation
- Having patience while talking

In addition to these, leadership qualities, thinking skills, the ability to mingle with others, empathy, sympathy, willingness to congratulate and appreciate others, acting without prejudice, lead to better interpersonal relationships.

Where do you stand in your relationships?

Statements	Yes	No
I always greet others.		
I smile at others.		
I listen to others with patience.		
I support others in their good actions.		
I support good deeds.		
I help others.		
I interact with others, offering mutual respect.		
I welcome others' individuality.		
I communicate with others effectively.		
I am loyal		



Consider these points and evaluate where you stand. If you find yourself not practicing any of these, make a conscious effort to incorporate them into your life. People who prioritize meaningful relationships in life may have some benefits. Let's see what they are.

- They can handle life's challenges in the right way.
- They always find happiness in life.
- They experience better self-respect and self-satisfaction.
- They have the ability to reduce mental pressure.
- They can evade feelings of loneliness and solitude.

Opening one's mind to accept and understand what others have to offer is crucial in cultivating meaningful relationships and personal growth. Engaging in genuine interactions and fostering true friendship make life more enjoyable and manageable. Developing this skill can lead to forming the best interpersonal connections.

My Dream

Share one of your dreams with a classmate, and then attentively listen to his/her dream.

Have you ever shared any of your dreams with friends or someone else? If not, why?

- There was no one around to listen.
- I never found the time for communication.
- I didn't have any one close enough, to confide in.
-
-
-

If you have discussed your dreams with anyone, it shows you have a good relationship with that person. Spending more time with such individuals will contribute to your well being.

We tend to open up to individuals who spend time for us and show genuine care. This involves reciprocity and requires mutual understanding and sincere efforts to foster it. It also requires mutual give and take and sincere efforts.

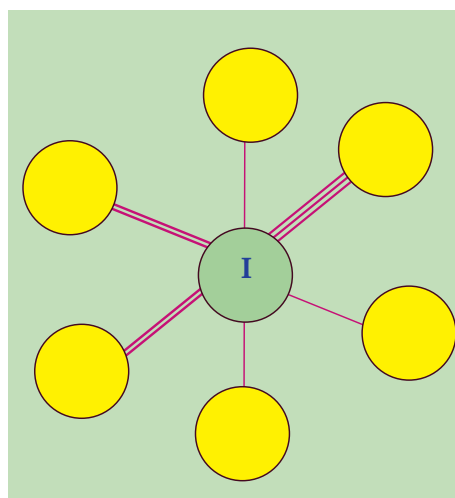




Activity 1

My Relations

Draw a word web on a paper. On the central circle, write your name. Write the names of people you know in the circles around. Then draw a single line from your name to the names of those whom you are only acquainted with. Draw two lines to the person with whom you are slightly more connected. Draw three lines to those with whom you share firm relationship.



A few of your classmates are very close to you. Who are they? Why? Make a note.

Fostering Interpersonal Relationships

Which of the behavioural qualities listed below improve warmth in relationships?

- Genuineness • Trustworthiness • Intolerance • Selfishness
- Amicability • Jealousy • Optimism • Greed
- Artificiality • Sympathy • Empathy

A person's character can have a significant impact on a relationship. It could either strengthen it or cause it to deteriorate. Share your experiences in the classroom.

Varied Responses

Write about the different relationship strengthening responses that individuals might make in the following situations.

1. I do not know.
2. I do not know. I am new here.
3. I do not know. Let's ask someone in the shop.





1. No. It is not possible.
2. You can leave after completing your tasks.
3. You may leave, if it is urgent.
4. What happened? Do let me know if you need any help.

Effective Communication

The process of exchanging messages between individuals is called communication. Communication has two main aspects: message reception and message expression. Both the sender and receiver play equally important roles in ensuring effective communication. Efforts should be made to overcome barriers that hinder the transmission of messages, and thereby ensure that communication is fruitful.



Activity 2

Act it out

Take a piece of paper and write an appropriate word to act out on it. Put these paper bits into a box. Each student must draw a paper from the box and perform the action written on it. The rest of the students must guess what the performer is acting out. The game should conclude within 10 to 15 minutes.

What mode of communication is seen here?

In everyday life, non-verbal communication is limited. While animals rely on gestures and movements for communication, humans predominantly communicate verbally. Both reading and writing play a significant role in communication. Let us discuss more on verbal communication.

Both these communication methods have their own importance. Using both appropriately leads to effective communication. One of them has to complement the other. Our body language conveys the right meaning to the language we use.



Benefits of effective communication

Here are some benefits of some effective communication.

- ◆ **Builds Leadership Quality :** Those with effective communication skills often emerge as leaders.
- ◆ **Creates Self-Awareness:** Those who have effective communication skills are aware of their own abilities and limitations.
- ◆ **Contributes to better performance in workplaces :** In modern workplaces, effective communication is of paramount importance.
- ◆ **Helps to establish better interpersonal relationships:** Effective communication is the basic need for healthy interpersonal relationships.
- ◆ **Fosters trust :** One of the primary benefits of effective communication is that it fosters trust among individuals.
- ◆ **Enhances problem-solving skills:** Effective communication enables individuals to address challenges and conflicts that arise both in the social and personal life.
- ◆ **Builds Empathy:** It fosters empathy and encourages individuals to empathize by stepping into others' shoes and considering their perspectives.



Activity 3

Introducing a Friend

Move around the classroom freely. Each student is given a task of getting acquainted with a classmate. Subsequently, every student is asked to present their friend to the audience pleasantly. Make sure to incorporate the following particulars in the introduction.



- Family background
- Studies
- Likes
- Dislikes
- Desires

When you introduce them to the audience, try to communicate effectively. Take care to avoid your close friends while conducting the activity.



Factors that hinder effective communication

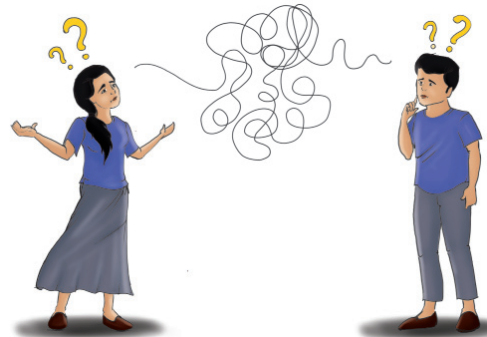
Various factors can hinder effective communication, as follows.

○ Language Disparities

Malayalam dialects are spoken all over Kerala. Such regional variations can pose challenges to effective communication.

○ Unfamiliar Terms and Expressions

When unfamiliar terms and expressions are used in conversation it can lead to serious misunderstandings.



○ Carelessness and Lack of Interest

Diverted attention of the recipient and lack of interest can lead to ineffective communication.

○ Prior Assumptions

When the recipient interrupts or reacts too soon, the speaker cannot fully convey their message.

○ Emotional Distress

In a situation, when someone is emotionally distressed, communication can become challenging.

○ Attentive Listening

**If we were supposed to talk more than we listen,
we would have two tongues and one ear.**

- Mark Twain

Attentive listening helps us understand the content and makes flawless and effective communication. In our daily conversations, the importance of attentive listening is crucial. Experts say both hearing and attentive listening are different processes. Hearing is merely a physical process and it occurs naturally. But attention is also an intellectual process. Here, concentration is mandatory.



The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we can ever give each other is our attention...

- Rachel Naomi Remen

Attentive listening is the ability to focus on the messages or instructions provided by a person. The need for repetition of certain messages indicates the absence of attentive listening. A person who actively listens and demonstrates genuine interest in the messages conveyed, contributes to better communication.

How can we determine if someone is actively listening to us?

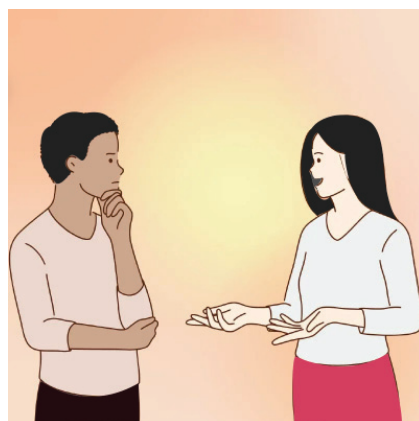
Students are asked to pair up for an activity. When one student is speaking, the others will display inattentiveness through their behaviour.

- Example : Not looking at the face.
- Body language that reflects a lack of enthusiasm.
- Glancing at the watch for a time check.
-
-

After the activity, the obstacles experienced by the speaker are explained.

By noting the following cues, it becomes evident that the individual is actively engaged in listening:

- Looking at the face/eyes
- Responding with a head shake
- Responding contextually
- Displaying facial expressions to convey meaning
- Formulating open-ended questions
- Sharing similar experiences



Active Attention

- Interpersonal relationships become more effective and fruitful.
- Helps in nurturing trust.
- Increases awareness about the topic.
- Becomes possible to revisit the issues and provide guidance on solutions.



Activity 4

Lend an Ear

Shut your eyes for 3-4 minutes, clear your mind of all thoughts, and simply listen to the sounds around you. Then jot down everything you heard, share your observations. You might discover sounds that previously went unnoticed.

We often fail to notice many sounds in our daily lives.

Haven't you heard the Malayalam idiom.

(‘കേട്ടപാതി കേൾക്കാത്ത പാതി ചാടിപുറപ്പെടുക’)

Acting without proper listening may lead to problems.

Can you find out some additional situations that hinder the reception of ideas?

- Language issues- especially regional variants.
- Lack of interest by the listener.
- Unfavourable presentation.
- Disturbing thoughts, sounds, etc.

The responses of the listener frequently shape the presentation of the speaker, with enthusiastic reactions from the audience being a crucial element. It is essential to take into account the factors that the listener should take note of.

- Do not be a part of some other conversation.
- Listen with patience.



- Demonstrate sincere attentiveness through your facial expressions.
- Ask questions only when needed.
- Try to avoid situations that can distract your concentration.



Activity 5

Clear and efficient communication

A group should have at least 10-12 students. Write a sentence on a piece of paper, and a student should whisper the sentence to his/ her friends who should all be standing in a line. Each student should then secretly whisper the sentence that they heard to the friend standing next in line. This should be repeated until the last person in the line hears the sentence, who will then say the sentence aloud. Now compare this sentence to the one earlier written on the paper. What happened here?

It is common to exaggerate ideas that we hear. Haven't we all heard stories that have nothing to do with reality?

Whatever we have to say, we have to say simply and clearly. At the same time, the ideas should not mislead. Use of appropriate idioms and proverbs, can also make communication more meaningful. Communication along with suitable gestures can make presentation more wholesome and meaningful.

What preparations are necessary for efficient communication?

- ◆ Arrange ideas systematically in mind.
- ◆ Include appropriate examples.
- ◆ Practice writing/ speaking within the given time frame.
- ◆ Keep a short note if necessary.
- ◆
- ◆





Moving Ahead

- Listen to a song. Count how many times a specific word is repeated in the song. Alternatively, pick any word and try to find it in the lyrics. Reflect on how actively you need to engage with the song's lyrics to determine the frequency of the words. Make a note.
- Have you ever experienced moments where you found it difficult to pay attention in class, either to the teacher or to your classmates? If so, what were the factors contributing to this lack of attention? Please share your insights.



Key Takeaways

I have realised			
that interpersonal relationships are essential for social success.			
the personal qualities required to foster strong interpersonal relationships.			
the special qualities I possess.			
the skills that can be acquired through proper interpersonal relations.			
the areas to be improved for making good interpersonal relations.			
that effective idea exchange is crucial for success in life.			
the components contributing to effective change of ideas.			





Environmental Wellness

*Look deep into nature and
you will understand everything better.*

- Albert Einstein



Unit 6

With the Rhythm of Nature



The teacher asks you to design a green school campus project. How would you design it without compromising on any of their current facilities?

- Planting saplings in empty spaces
-
-

Haven't you heard that we live on a land which we have borrowed from our future generations?

What activities should we undertake to make it suitable for future generations to live in?

Each individual's life is connected to nature directly or indirectly.

What activities related to nature have you undertaken, to alleviate mental stress?

- A nature walk
-
-



The term environmental care can refer to any kind of activity that makes positive changes in the environment in which you live. Each of us, by undertaking actions, big or small, to protect nature without causing harm, can contribute to environmental care. These kinds of activities, no matter how small are important in the world. We can define this state as, living a life without causing any harm to the earth.

Like other living organisms, humans also exist, complementary to nature. The rhythm of interdependence is the basis of life.

Sustainable Development Goals



Sustainable Development Goals 2030 are a collection of seventeen interrelated goals aimed at the well-being of the Earth and all its living and nonliving entities coined by the United Nations (UN). The SDGs give importance to environmental, social and financial aspects. Sustainable practices need to be followed by the people.

What are the sustainable habits and practices you can incorporate in your life?

- Don't waste food.
-
-



Identify habits in your current routine that you can change in favour of the environment.

- Always use plastic bags.
-
-
-
-

What changes can you make to your classroom and home environment?

- You can create or draw icons that depict environmental protection.
- You can make a class garden.
- You can arrange indoor plants in the rooms.
- You can rearrange the furniture.
- You can be a part of various Green-initiatives.

Self-care - Action plan



You may realize the importance of self-care in daily life. A person should organize his life in sync with nature for physical, mental, emotional, and social well-being. It's our commitment to ourselves. It's essential to have a self-care action plan throughout life. How does one make such a plan? Creating an action plan suitable for everyone is not possible because individuals have unique needs and experiences, and hail from different surroundings. In each aspect of self-care (physical, mental, emotional, social, environmental), we need to assess our current position, organize our needs and priorities, and implement them accordingly. The indicators that help in this regard are given below.

Stage one : Where am I?

At the first level, we have to analyze what we do now as part of self-care, identify areas for improvement and prioritize our needs.

- **Physical**

Evaluate your sleep, food routine, hygiene habits, a week's exercise, and identify the areas where you need improvement.

- **Mental**

Evaluate the things you do for mental pleasure, your activities related to your areas of interest, screen time and creativity.

- **Emotional**

Recognize the symptoms, causes, and problems of pressure, anxiety, and negative emotions.

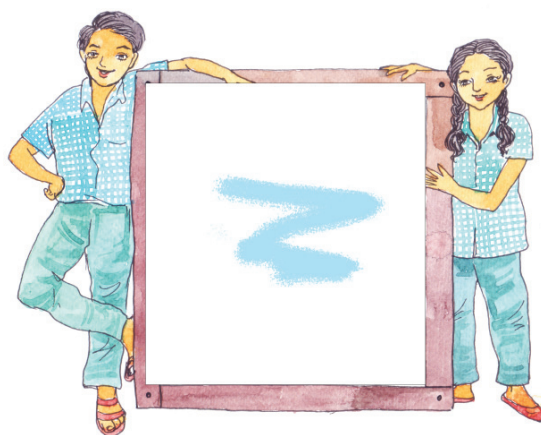
- **Social**

Evaluate the relationships with friends, family, and peer groups. Recognize your supporters and establish healthy boundaries to be maintained in relationships.

- **Academic**

Evaluate study methods, study routines, and proper use of time. Recognize your sources of academic pressure.

- **Values :** List the values you prioritize and explore how these values align with your self-care goals.



Stage Two : My Goals



This phase includes formulating goals according to the requirements of every aspect of self-care.

- The goals should be assessable, achievable, relevant, and time-bound. Large goals can be broken down into smaller, achievable goals.
- Allocate time for essential activities, self-care methods, and leisure time.
- Use techniques to overcome pressure, such as deep breathing, concentration, exercise, and spending time with nature.
- List the support systems (friends, family).

Stage Three : My Journey

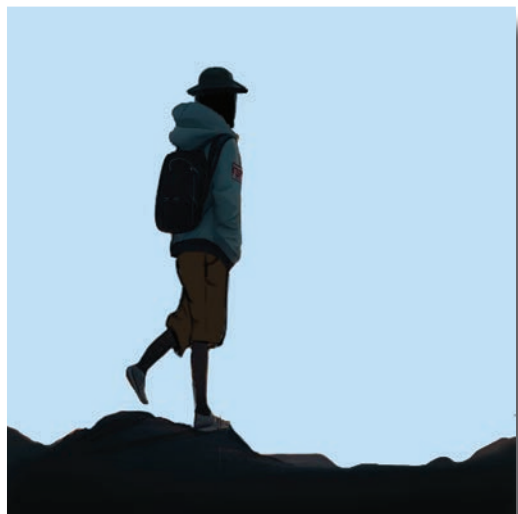
To accomplish each goal, organize and implement appropriate activities.

♦ Physical Well-being

- Keep a specific period for sleep (8 hours).
- Consume nutritious food every day.
- Engage in daily exercise.
- Practice relaxation methods such as deep breathing and muscle relaxation.

♦ Emotional Well-being

- Recognize and express emotions in a healthy way, for example, through journaling, talking with a trustworthy person, or seeking counseling.
- Engage in activities that bring you joy, such as hobbies, spending time with close ones, and listening to music.
- In required situations, practice saying 'No.'



◆ Social Well-being

- Spend time with supportive people who are interested in your well-being.
- Build healthy relationships based on mutual respect and understanding.
- Seek help from friends and relatives if needed.
- Practice active listening and empathy.

◆ Academic Well-being

- Develop productive study habits that suit you.
- Choose a proper study environment where concentration is not lost.
- When you feel troubled, seek help from teachers and peers.
- Maintain a balance between academic activities and other aspects of life.

Stage Four : How far ahead?

This is a stage of self-evaluation. Review your self-care program regularly and make adjustments as required.

Daily assessment (Morning)

The body:

- How are you feeling physically? Are you energetic?
- Are you satisfied with your health?
- List the self-care goals for the day, for example, a healthy breakfast.

The Mind :

- What's on your mind? Are there any problems or anxieties bothering you?
- What brings you happiness or a sense of purpose?
- Write a compassionate activity that you can do for others.



Daily assessment (Night)

- **What made you laugh today?** Celebrate your victories of the day.
- **Today's challenge:** What factors put you under pressure or negativity? How could you overcome it?
- **Practicing gratitude:** List the three things you are thankful for, even if they seem trivial.

Weekly overview

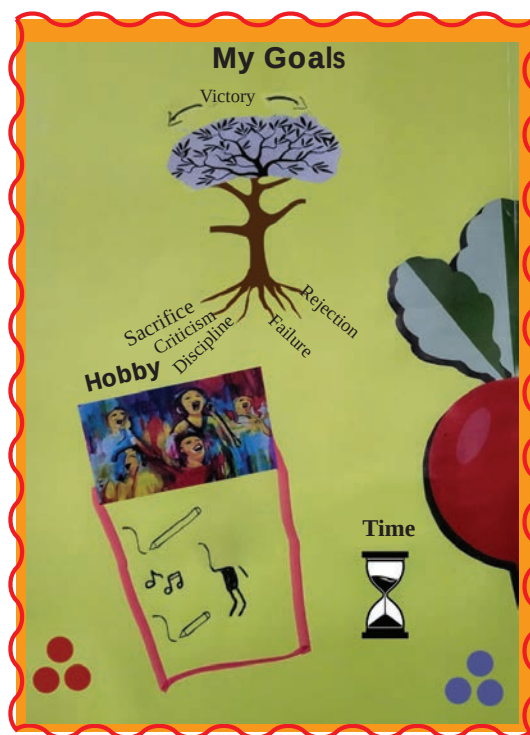
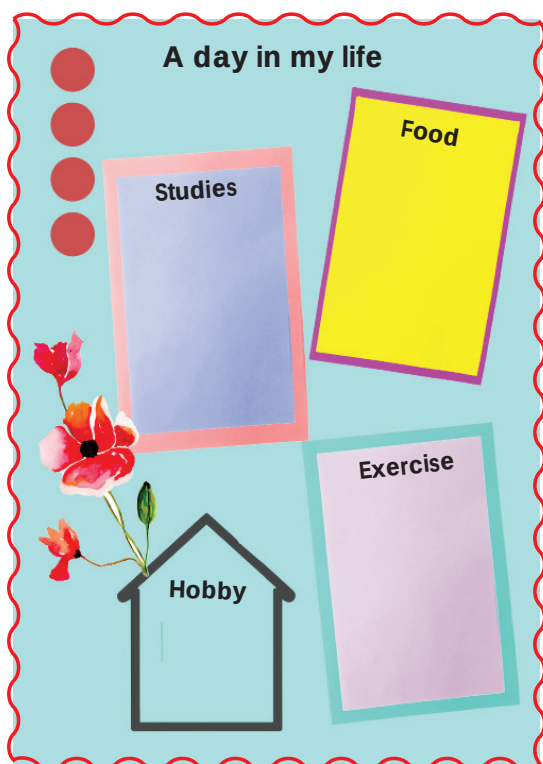
- **Goal setting :** Select an area you wish to focus on with regard to self-care this week. (Eg: sleep, creativity, friendships)
- **Creative expression :** Make a creative presentation that reflects your emotions and thoughts.
- **Practice meditation :** Focus on your breath, or spend time with nature to develop awareness of the present moment.



Activity 1

Based on the given indicators, formulate your self-care action plan. Assess improvements made daily and weekly, making necessary adjustments for continuous progress. Thus make self-care a part of your daily routine. Prepare a reflective journal for this.





Remember! This is your journey. Celebrate each small development. Don't be disheartened if it doesn't work as planned. Comfort yourself and pursue your goals confidently. Move forward believing that everyone deserves love, care, and well-being.





Key Takeaways

I have realized			
the necessity of adopting a sustainable lifestyle.			
the daily activities to be aligned with a sustainable lifestyle.			
the importance of self-care in my daily life.			
where I stand with regard to self-care.			
the areas which need improvement.			
the need to prepare a self-care action plan.			
the need for self assessment.			
the need to review the self-care action plan and make necessary improvements in every week.			



NOTES

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NOTES

This image shows a full page of white paper with horizontal dotted lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CONSTITUTION OF INDIA

Part IV A

FUNDAMENTAL DUTIES OF CITIZENS

ARTICLE 51 A

Fundamental Duties- It shall be the duty of every citizen of India:

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievements;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between age of six and fourteen years.

CHILDREN'S RIGHTS

Dear Children,

*Wouldn't you like to know about your rights? Awareness about your rights will inspire and motivate you to ensure your protection and participation, thereby making social justice a reality. You may know that a commission for child rights is functioning in our state called the **Kerala State Commission for Protection of Child Rights**.*

Let's see what your rights are:

- | | |
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| <ul style="list-style-type: none">• Right to freedom of speech and expression.• Right to life and liberty.• Right to maximum survival and development.• Right to be respected and accepted regardless of caste, creed and colour.• Right to protection and care against physical, mental and sexual abuse.• Right to participation.• Protection from child labour and hazardous work.• Protection against child marriage.• Right to know one's culture and live accordingly. | <ul style="list-style-type: none">• Protection against neglect.• Right to free and compulsory education.• Right to learn, rest and leisure.• Right to parental and societal care, and protection. |
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Major Responsibilities

- Protect school and public facilities.
- Observe punctuality in learning and activities of the school.
- Accept and respect school authorities, teachers, parents and fellow students.
- Readiness to accept and respect others regardless of caste, creed or colour.



Contact Address:

Kerala State Commission for Protection of Child Rights

'Sree Ganesh', T. C. 14/2036, Vanross Junction

Kerala University P. O., Thiruvananthapuram - 34, Phone : 0471 - 2326603

Email: childrights.cpcr@kerala.gov.in, rte.cpcr@kerala.gov.in

Website : www.kespcr.kerala.gov.in

Child Helpline - 1098, Crime Stopper - 1090, Nirbhaya - 1800 425 1400

Kerala Police Helpline - 0471 - 3243000/44000/45000

Online R. T. E Monitoring : www.nireekshana.org.in