



ASHA MODERN SCHOOL

A BETTER YOU

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-V

(SESSION 2023-2024)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

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UNIT-1 SHARING

*It is a sunlit path,
The path I take everyday
To reach my destination.
It is a wonderful experience
To walk on this path.*

*It is amazing to observe how
Rain brings freshness,
Breeze showers colourful leaves,
Sun warms the wintry hearts.*

*Each day of the season,
Each movement of nature
Brings its own variation.
It is the dance of the nature
That amazes me everyday.*

—Lakshmi



The Beauty of Sharing

Once upon a time there lived an old man in a big farmhouse. His house was surrounded by a beautiful garden, which had lots of trees laden with flowers and fruits. There was a pond too with colourful fishes in it. All the children of the neighbourhood would come and play in the garden. The plants, squirrels and the fishes in the pond were happy to listen to the children's laughter. The birds sang happily. Usually, the children would play in the evening when the old man was away, working in his store. One day, the old man came home early and noticed the children playing there. He was wild with rage. He did not like to share his space with others. So he yelled at the children and drove them out of his garden. He also built a fence and a gate to prevent the entry of any trespassers. Alas! The children were sad as they could no longer play there. The trees, the squirrels and the fishes too were unhappy. The pond dried, The fishes died, The trees mourned, The flowers withered, The birds flew away, And the garden too lay waste. Now, the old man also became miserable to see his garden so lifeless. After thinking for long he realised that he had been selfish in barring the entry of the children. Hence, his garden had turned into a desert. He finally decided to invite the children of the neighbourhood to

play there. And, lo! Their cheerful laughter brought life back to the garden. The trees bore fruits and the plants once again put forth their baby leaves to express their joy. The pond became full to quench the thirst of the children and the birds returned to twitter along with the children. The flowers blossomed to add colour to this happy mood. The old man too was happy to see his garden full of life realised that sharing brings joy to self and others.



DISCUSS IN CLASS:

- ❖ Why did the old man's garden become lifeless?
- ❖ How did he realise that sharing brings joy to self and others

TIME TO GROW

1. Make a list of things (a) you can share with your friends. (b) your friends can share with you.
2. Is it really fair to expect your friend to be with you always?
3. Is it hard to share your friend with other people?

UNIT-2 Conflict Resolution

To observe people in conflict is a necessary part of a child's education. It helps him to understand and accept his own occasional hostilities and to realise that differing opinions need not imply an absence of love.

Milton R. Saperstein

Often two or more people may not agree over certain things. This disagreement may result in a clash leading to a verbal or a physical struggle which is called a conflict. A conflict can also occur within a person when he has to struggle while taking a decision about something. This usually happens when he has to choose between the various options available to him. Being in conflict is never a pleasant situation. But we need to understand that it is common to face conflicts in our life. At all times, there will be people with different opinions, beliefs, experiences and values. No two people can think or feel the same at a given moment. Since conflict is a part of our life, should we not understand it better so that we are able to handle it sensibly whenever it occurs?

The situation given below are common conflicts in the life of most students. Write what would be your instant response and the solution that can be arrived at to each situation.

SITUATION-1

Your brother/sister is watching TV. Suddenly you realise that your favourite programme is about to start on another channel. You take the remote control and switch the channel. Your brother/sister objects as he/she was the one who had switched on the TV just five minutes back to watch a cartoon. This results in a conflict between you and your brother/sister.

You respond by.....

Your brother/sister responds by.....

Both agree to.....



So, it should be understood that conflicts are a part of everyday life. It often occurs because of misunderstanding, anger, intolerance, disagreement and improper listening. But conflicts need not always lead to fight and breaking of relationships which are their negative outcomes. If we have good skills to resolve conflicts, they can have a positive outcome. To prevent conflicts from turning into fights and harming relationships, it is important to understand how to solve problems that may arise during interactions.

How to Prevent Conflicts

- Try to understand the other person's point of view.
- Talk it out rather than fight it out.
- Learn to be patient and be a good listener.
- Talk without hurting or blaming.
- Apologize if you feel you have been in the wrong.
- When the other person is really angry, avoid a discussion if possible.
- Try to reach an agreement in which everyone is a winner.

UNIT-3 COMMUNICATION

“Words once spoken can never come back. Hence, we think before we say something”

Words Can Scar

Once there was a little boy called Hari, who was very intelligent. However, he used unpleasant language whenever he lost his temper. So, everybody avoided his company. His teacher felt sorry for him and discussed harsh tongue. After much thinking, Hari's father called Hari and gave him a bagful of nails and a hammer. His father told him that everytime Hari used harsh and hurtful words he would have to hammer a nail into wall of their garage. Hari had to do that quite frequently.

At first it seemed fun to him but soon he realised that controlling bad language would be easier than nailing the wall. Moreover, the sight of the nailed wall also offended him very much. Gradually, the count of nails driven per day into the wall dwindled to zero.

Hari informed his father about his self-control. His father then asked him to pull out all the nails. That done, he showed him the ugly holes and cracks in the wall and pointed out that the wall would never be the same again. Similarly, when one says things in anger, the words leave scars like the holes and cracks on the wall. Thus, Hari realised that verbal hurt is as bad as physical hurt. He promised to choose his words before speaking in future.

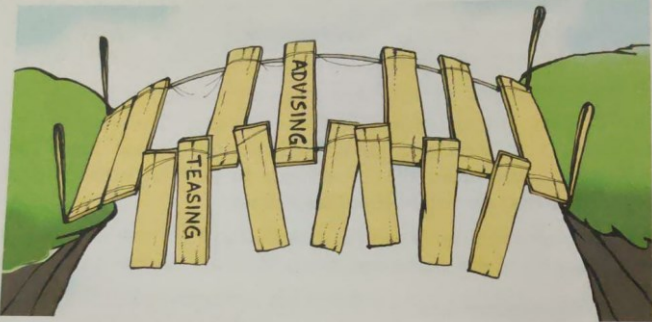


ACTIVITY

❖ In the bridge shown below

(a) fill the planks that are in place with words that bring people together.

(b) fill the broken planks with words that can hurt.



You can choose the words from the box given below:

teasing	tattling	praising	encouraging	criticising
complaining	boasting	suggesting	advising	threatening
supporting	abusing	cheering	patting	

Make groups in class and discuss:

- Why did everyone avoid Hari's company?
- What is the similarity between harsh words and ugly holes in the wall?

BODY LANGUAGE

Body Language Just because we can speak words does not make us good communicators. language is the We also communicate through our body language. Body use of facial expressions, body movements, hand gestures and touch to express our thoughts and feelings. This is also called non-verbal communication.

Body Language Tips:

- Stand straight while talking. Do not cross your arms. Keep them on the sides. over-confidence and disrespect. Smile and talk.
- Do not keep shifting from toe to toe. It indicates restlessness.
- Look at the speaker's eyes while communicating.
- Nod to show you are listening. Do not fidget or look restless. It shows that you are not interested in what is being said. n whet Do not make fast and repetitive body gestures. They distract the listener. Do not raise your arms high. It is bad manners.
- Do not look around constantly. The speaker will think that You are getting bored.

- Never stand slouching with drooping shoulders. It indicates lack of interest and a lazy attitude.
- Tilt your head to one side only when you are really concentrating on what is being said.
- Do not point at persons or objects. It is a very bad manner.
- Never shake/swirl g your legs when seated. It does not look smart at all.
- Do not stand with your hands on your waist. It shows that you are arrogant

ACTIVITY

Discuss and express your feelings to

- (i) a friend whom you have hurt with your harsh words.
- (ii) your grandfather who has sent you a beautiful gift.
- (iii) a friend who is sick

UNIT-4 FORGIVENESS

Forgiveness makes teamwork easy and working together fun.

Concept explanation

Consider this example: You and your friend got into a big argument. You are angry at him for losing your favourite glitter pen. Your friend is not ready to accept his mistake. But while you are doing your friend and some saying something really mean to you which offends you deeply how does that make you feel do you think you can forgive your friends for doing such a thing a person can choose to forgive another person when they commit an offence or engage in anything wrong or immoral forgiveness is deliberate and free choice when someone forgives another person they release and pleasant emotions like resentment and anger towards them it takes mental or spiritual effort to forgive it and letting go off, whether directed at someone else or it one's self punishment or preparation are not prerequisites for forgiveness it is offered with no expectation of return.

An apology may be part of the forgiveness process.

Let's read a story to ponder upon this topic better.

A fifth-grade teacher once made a decision to play a game with the class. Each student in the class was instructed by the teacher to bring a plastic bag filled with a few tomatoes. Each tomato will be given the name of a person that the student does not want to forgive because of something that person had done with them.

So each child brought some tomatoes on the designated day along with the names of the people they had not yet forgiven.

Some people had two tomatoes, some had three, and some even had five. The teacher then instructed the students to carry the tomatoes in the plastic bag for one week.

The children began to complain over the course of several days about the decaying tomatoes' foul smell.

The kids were relieved when the game eventually ended after a week. "How did you feel carrying the tomatoes around for a week?" the teacher asked. The kids expressed their displeasure and complained about the inconvenience of having to carry the dirty and pungent tomatoes everywhere they went.

The teacher then revealed the game's secret meaning to the students. "This is precisely the situation in which you keep hatred for someone inside your

heart and are not able to forgive them," the teacher added. Your heart will be filled with the odour of anger and not being able to forgive which you will carry with you wherever you go.

"It's true we can never tell who feels guilty for their mistakes or who doesn't. It is tough to make someone feel responsible for their wrongdoings. But not being able to forgive can make us feel even worse and more hurt. We lose friendships and relationships when we are not able to forgive. But when we forgive, we are able to find the beauty of friendship with them back again."

Let's discuss

1. Why is it important to forgive?
2. Do you think forgiving someone is easy or difficult? Why?
3. Do you think forgiveness is an essential part of relationships?

Forgiving Others

It is not easy to forgive people who have made fun of you or harmed you in some way or the other. It is an art which one can develop slowly. Forgiving others requires a lot of patience and a strong willpower. Here are a few tips that can help you control your anger and forgive others.

- ❖ Drink a glass of cold water when angry. This will help you calm down.
- ❖ Move out of the place where the incident has occurred. Do some physical activities, such as jogging and running, to release your anger.
- ❖ Talk it out with the person and tell how you feel about the hurt he/she has caused you.
- ❖ Write down your feelings and read them to analyse if you are justified in feeling the way you are. You may be overreacting to the situation.
- ❖ Look at it as the weakness of that person and ignore.
- ❖ Remind yourself that at times you also make mistakes.

Forgive Yourself Too

The next point is to forgive yourself when you do something wrong. There may be times when you make mistakes that you feel bad about. To get over the feeling of guilt, it is important to share your feelings with the person you have hurt. It also helps to apologise for the mistake you have made. Two friends, Srishti and Rajia, fought over a silly reason. They stopped talking to each other and months passed by. It was Christmas Eve and the school was going to close from the next day. Rajia was feeling very uncomfortable because she wanted to start the New Year happily and she would not feel happy if she didn't speak to Srishti. After a lot of hesitation, she boldly walked up to Srishti. She apologised for whatever had happened and said she wanted to renew her friendship. Deep in her heart, Srishti had also wanted the same. So, she also apologised and they became friends again.

ACTIVITY

❖ Put yourself in Srishti and Rajia's place and think what you would have done in such a situation. Recollect an incident when you had said sorry and felt happy afterwards. Share it with the class.

UNIT-5 Social Media

Concept Explanation

Think of this example: You recently joined Instagram. You saw how many people are There on this social media site. Things start getting interesting because this app makes You curious about others' lives, what they are posting, where they are going, etc. During such times you make many online friends who are also your followers or you follow them. For your birthday, you invite some of them to your party, but none of them turn up. However, your friends in school and the neighborhood come for sure. Who do you think are real friends-the ones on social media or the ones who came on your special day?

Of this is what social media does to each one of us. Whether you are a child in grade 5 or an adult like your parents, social media has taken over everyone's lives.

We use social media to have fun, establish and maintain friendships, share interests, discover who we are, and grow family bonds. Our in-person and offline interactions are expanded upon through it. It frequently plays a significant role in how we engage with our friends.

Social media is a place of interaction. A place where you can share your pictures and your life updates, make virtual friends, connect with those who you cannot meet physically, and more. For all these reasons, social media is not a bad thing. But where does the entire problem start? It is when we start believing that life on social media is the most important one as it builds our image or when we believe that spending time on social media is more important than life at home or school

Let us understand more about the correct use of social media.

Story

Aditya and Riya



Aditya and Riya were best friends. They were in the same school and were part of the same class. Both of them scored very well in almost every subject.

Aditya was part of the school's football team while Riya would win almost every debate competition at school. When the results of their first term exams came, Riya had scored the highest. As a gift her father gave her a mobile phone just like he had promised. Aditya also got a mobile phone because he, too had scored well with the use of mobile phone, they discovered various social media websites like Facebook, Instagram, YouTube, and Google. After a week, they started spending most of their time on social media.

"Hey, did you watch the latest episode of that cartoon?" Riya asked.

"Oh, yes. I finished the entire series in three days. But I forgot to do my homework because of that," Aditya complained.

"Don't worry, do it today. Then we can chat on social media for long," Riya said. But because of their habit of spending too much time on social media, they started scoring less in their tests. Aditya was no more part of the football team and Riya was not able to win any competitions anymore. "I think we must do something about this," Riya said worriedly one day. "Yes, my dad has become very disappointed with my performance in school. From what I know, I have been spending more than 12 hours on social media, which is not healthy. I guess that is what is keeping me from concentrating in my studies," Aditya replied. "Yes, from now on let us make strict rules about the usage of social media.

Let us not use our phones until we feel we need to contact each other. And let us mute some chats that disturb us during our studies. Also, let's keep our phones switched off at least once a week so that we can play outside, too. I don't even remember the last time I played outside," Riya replied.

When Riya and Aditya started following these rules, their performance became better over time. Their rules worked well.

Let's discuss

1. When did Riya and Aditya start deviating from their studies?
2. Do you think social media was responsible for their poor performance? Why or why not?
3. What kind of rules did both of them come up with?

Key Values

Now that we know what kind of distraction social media can cause, let us learn the wise way of using it. As we read in the story, learn to monitor the time you spend on social media and the reasons you are using social media for. Is your use of social media helping you gain knowledge?

Or is it deviating your focus from your studies? Or is the use of social media causing you to believe that life on the internet is more important than real life? Is your use of social media causing you health problems like weaker eyes, fatigue, or laziness?

UNIT-6 Body Shaming (Morals & Values)

Bamboo and the Crooked Tree

“What we do is more important than how we look”

Once upon a time, there lived a bamboo tree and a crooked tree. Both lived next to each other in the jungles of the mighty Himalayan mountains, next to the holy river Ganga. Both were born and grew around the bountiful Ganga and the magnificent peaks of Bhagirathi. But they were sworn enemies and hated each other like a weasel and a snake. The reason for their hatred was their appearance. The bamboo tree was straight, tall and strong like an iron pole. The crooked tree, on the other hand, was fragile and had thin branches that looked scary. He looked like a scarecrow. The bamboo tree would, time and again, bully the crooked tree for being weak and ugly. He would body shame the crooked tree. "You are worthless and as skinny as grass!" This was the bamboo tree's favourite line when addressing the crooked tree. The crooked tree listened helplessly to his boastfulness. He was fed up. But what could he do?

Unlike birds and animals, he could neither fly nor run away from the bully. He had no choice but to bear with him.

One day a flock of tired and thirsty birds landed on the banks of the bountiful Ganga. After quenching their thirst, they perched on the sharp but soft branches of the crooked tree to rest. They knew that no snake could climb them and that all of them were safe while they rested.

A little sparrow from the flock noticed that the crooked tree was sad. She asked him the reason for his sadness. The crooked tree said, "I am good for nothing. Nobody likes me. The bamboo tree is so strong and handsome, and I am so weak and ugly. *I wish I were like him.*" The sparrow was surprised, and so were all the other birds of the flock. She asked, "Who told you that you are good for nothing?" All his branches, shaking in the wind, pointed towards the bamboo tree.

The bamboo tree became alert, and listened to what they were talking about. The little sparrow said, "The bamboo tree is **egoistic**. All he can think about is himself. He has a **big ego**. You are one of the most generous and helpful trees. You are special. He is tall but has no branches. He may be handsome and strong, but what good is he to us? All birds that come to quench their thirst rest on your safe branches. Some even make nests on

them. You are our hero." Everyone in the flock nodded. The bamboo tree realised that he had never thought this way about the crooked tree. He understood his mistake.

He apologised to the crooked tree for his bad behaviour. The crooked tree forgave him and they both decided that they were different. It is okay to be different and it is not same as being unequal. Since then, bamboo trees and crooked trees are good friends all over the world.

ACTIVITY

LET'S FIND OUT:

There are many plants that we think are of no use. Find out about any one such plant and write about its uses.



THINK ABOUT IT.....

Humiliating others on their physical appearance in front of others is called body shaming. For example, telling a person that they are too fat- as fat as a hippo; too skinny - as skinny as grass; or that their legs are too thin - as thin as a match stick. Body shaming is a kind of bullying.

UNIT-7 FAILURE IS A PART OF LIFE

Story Time

The Greatest Inventor of America: Thomas Alva Edison

In a village named Milan in Ohio lived the Edisons. Their red-bricked house looked identical to all the other houses in the neighbourhood.

However, the home of the Edison family was different. Thomas Alva Edison, The youngest child of Samuel and Nancy Edison, or 'Al', as they called him, was a child other parents cautioned their children about.

Thomas was known to tinker with things. He would always speak of creating grand things that nobody really understood. Even the teachers were tired of His repeated failures in tests.

One fine day, the headmaster told his parents

That he did not foresee a bright future for the child even if he continued in school. 'He is a lost child, Mrs Edison, I am so sorry to say this. His grades are terrible. I doubt he can go far,' said the headmaster sympathetically.

Mrs Nancy Edison was dejected, but she decided not to give up. 'I will homeschool Thomas. Your school doesn't deserve a child as special as him,' said Mrs Edison and brought Thomas home. She taught him to read, write and solve maths problems at home. Thomas was a curious child. He would often ask questions about various things, and his mother always encouraged him to go looking for the answers. Thomas Gradually became an avid reader and was excellent at maths.

Meanwhile, the family moved to another town called Michigan. Thomas still dreamed of creating grand things. So, for years, he sold candies and newspapers at the local station and saved every penny that he could.

At the age of 16, he tried to convince the station master to give him a small space in one of the unused train coaches to create a lab for his experiments. 'I want to build technology that will light up every house in America,' insisted Thomas. Reluctant but touched by Thomas's passion, the station master allowed him to use a small space as a lab for his experiments.

One wretched afternoon, one of his experiments backfired. His lab in the train coach caught fire. Angered by this incident, the station master pulled Thomas's ears very hard. This was one of the reasons that led to his partial deafness later. 'Never be seen here again!' fumed the station master. Thomas was heartbroken on losing his lab. Thomas worked extra hard for the next few years, and eventually, took up a job with a telegraph company. He saved for years and finally built a magnificent lab. There, he ran experiments day in and day out. Many a times, he skipped food and sleep but continued experimenting.

After several unsuccessful attempts, Thomas finally invented the light bulb. He Screamed with joy! His invention generated a lot of excitement and interest

Across the country. He was even invited to meet the President of America. Everyone hailed him as the greatest inventor of America. When asked how he succeeded despite so many failures, he replied, 'Our greatest weakness lies in giving up. The best way to succeed is to try one more time.'

Moral of the Story: Never give up. Keep trying till you succeed.

Let Us Discuss

1. Answer the following questions.

- (a) Why did the other parents caution their children about Thomas?
- (b) What did the headmaster tell Thomas's parents?
- (c) How did Thomas's mother help him in his studies?
- (d) Why was the station master angry with Thomas?

UNIT-8 Being Positive

Concept Explanation

What if you begin to make a list of every feeling you have ever felt. Try it out right away for fun.

What all did you write? Most likely, you listed emotions like joy, sorrow, excitement, anger, fear, gratitude, pride, confusion, stress, relaxation, amazement, etc.

Now divide your list of feelings into two groups: Positive emotions and negative emotions. Being able to experience both pleasant and unpleasant emotions comes naturally to us. Even though we may refer to more challenging emotions as 'negative', this does not imply that they are undesirable or that we shouldn't feel them. However, the majority of people undoubtedly prefer to experience positive emotions to negative ones. You probably prefer to be joyful than distressed or confident than unsure.

What counts is how well-balanced our emotions are-how much of each kind of emotion, whether positive or negative, we feel.

Negative feelings alert us to potential dangers or difficulties that we may have to face or are a response to unpleasant situations we find ourselves in. For instance, fear can warn us of potential danger. It serves as a warning that we might need to defend ourselves. Anger alerts us to someone treading on our toes, going over the line, or betraying our trust. Anger may be an indication that we need to defend our own interests.

Positive emotions alter our brains in ways that broaden our awareness, attention, and memory, instead of narrowing it. They enable us to process more information, hold multiple thoughts simultaneously, and comprehend how various ideas are related to one another.

Positive emotions help us see new possibilities which makes it easier for us to learn new things and advance our talents. As a result, we perform better on assignments and assessments.

It is simpler to handle challenging circumstances when we experience more positive emotions than negative ones. Our resilience is increased by joyful feelings. They increase our awareness and help us notice more choices for resolving issues.

Let us read a story to help us understand it better.

How To Practice Positivity

Once upon a time, a farmer organised a contest between his dog and his rabbit. In one of his largest fields, he dug a hole and placed a carrot and a bone inside. He was curious to see which animal would discover them first. The rabbit poured himself into digging everywhere in search of the carrot since he was so happy and confident that he would find it. However, the dog was stressed and under-confident, and after a while of sniffing around, he lay down and started complaining about how difficult it was to find one bone in such a large area.

The rabbit, however, believed that each hole excavated meant one less hole that needed to be dug. When there was nowhere left to dig in the entire field, the rabbit excavated a tunnel that led directly beneath the spot where the dog had been sleeping all that while. He discovered the carrot and the bone there.

And this is how the dog's pessimism caused him to lose. He was in the right place from the start because of his excellent instinct, but his negative attitude blinded him from following it.

Part-B

HEALTH

&

PHYSICAL

EDUCATION

COMPILED BY: PRADEEP TYAGI

CONTENTS:

TERM-I

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UNIT-2 FIRST AID

TERM-II

UNIT-3 YOGA & ITS BENEFITS

UNIT-4 SPORTS SKILLS EXERCISES

TERM-1
HEALTH AND PHYSICAL EDUCATION
UNIT-1
HUMAN BODY
CORRECT POSTURE

Good posture involves training your body to stand, walk, sit and lie in positions where there is least strain thus leading to least fatigue.

Good Posture: Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

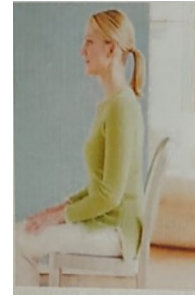
Proper Posture:



- ❖ Keeps bones and joints in the correct alignment so that muscles are being used properly.
- ❖ Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- ❖ Decreases the stress on the ligaments holding the joints of the spine together.
- ❖ Prevents the spine from becoming fixed in abnormal positions.
- ❖ Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- ❖ Prevents strain.
- ❖ Prevents backache and muscular pain.
- ❖ Contributes to a good appearance

Proper Posture Requirements

Correct Sitting Position:



- ❖ Sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair.
- ❖ All 3 normal back curves should be present while sitting. A small, rolled-up towel or a lumbar roll can be used to help you maintain the normal curves in your back.
- ❖ Sit at the end of your chair and slouch completely.
- ❖ Draw yourself up and accentuate the curve of your back as far as possible. Hold for a few seconds.
- ❖ Release the position slightly (about 10 degrees). This is a good sitting posture.
- ❖ Distribute your body weight evenly on both hips.
- ❖ Bend your knees at a right angle. Keep your knees even with or slightly higher than your hips. (Use a foot rest or stool if necessary). Your legs should not be crossed.
- ❖ Keep your feet flat on the floor.
- ❖ Try to avoid sitting in the same position for more than 30 minutes.
- ❖ At work, adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed.
- ❖ When sitting in a chair that rolls and pivots, don't twist at the waist while sitting. Instead, turn your whole body.
- ❖ When standing up from the sitting position, move to the front of the seat of your chair. Stand up by straightening your legs. Avoid bending forward at your waist. Immediately stretch your back by doing 10 standing backbends.

Here's how to find a good sitting position when you're not using a back support or lumbar roll:

- ❖ Distribute your body weight evenly on both hips.
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Correct driving position:

- ❖ Use a back support (lumbar roll) at the curve of your back. Your knees should be at the same level or higher than that of your hips.
- ❖ Move the seat close to the steering wheel to support the curve of your back. The seat should be close enough to allow your knees to bend and your feet to reach the pedals.



Correct lifting position

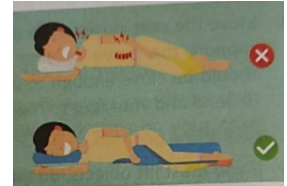
- ❖ If you must lift objects, do not try to lift objects that are awkward or are heavier than 30 pounds.
- ❖ Before you lift a heavy object, make sure you have firm footing.
- ❖ To pick up an object that is lower than the level of your waist, keep your back straight and bend at your knees and hips. Do not bend forward at the waist with your knees.
- ❖ Stand completely upright without twisting. Always move your feet forward when lifting an object.
- ❖ If you are lifting an object from a table, slide it to the edge of the table so that you can hold it close to your body. Bend your knees so that you are close to the object. Use your legs to lift the object and come to a standing position.
- ❖ Avoid lifting heavy objects above waist level.
- ❖ Hold packages close to your body with your arms bent. Keep your stomach muscles tight. Take small steps and go slowly.
- ❖ To lower the object, place your feet as you did to lift, tighten stomach muscles and bend your hips and knees.



What is the best position for sleeping and lying down?

No matter what position you lie in, the pillow should be under your head, but not your shoulders, and should be a thickness that allows your head to be in a normal position.

- ❖ Try to sleep in a position which helps you maintain the curve in your back (such as on your back with a pillow under your knees or a lumbar roll under your lower back; or on your side with your knees slightly bent). Do not sleep on your side with your knees drawn up to your chest. You may want to avoid sleeping on your stomach, especially on a saggy mattress, since this can cause back strain and can be uncomfortable for your neck.

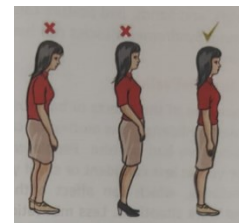


- ❖ Select a firm mattress and box spring set that does not sag. If necessary, place a board under your mattress. You can also place the mattress on the floor temporarily if necessary. If you've always slept on a soft surface, it may be more painful to change to a hard surface. Try to do what's most comfortable for you. Try using a back support (lumbar support) at night to make you more comfortable. A rolled sheet or towel tied around your waist may be helpful.
- ❖ When standing up from the lying position, turn on your side draws up both knees and swings your legs on the side of the bed. Sit up by pushing yourself up with your hands. Avoid bending forward at your waist.

Negative Effects of Bad Posture

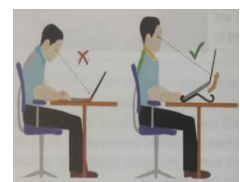
1. Soreness & Pain

- ❖ Slouching isn't a normal position for the body, and it causes our muscles to work harder. Soreness and pain are common effects of bad posture that are often overlooked, but it can lead to long-term health issues. Chronic pain can be a result of bad posture, especially in the lower back area. Poor posture puts a lot of stress on the spine and causes lower back pain.



2. Poor Circulation

- ❖ Women are taught that crossing your legs is the "proper" way to sit. When actually, it increases the pressure of fluids and gasses moving through our bodies. Crossing your legs can also lead to lower back pain and spider veins if don't change this habit.



3. Negative Mood

- ❖ As posture fights depression while bad posture invites it. The individuals who sat with a slouched or slumped posture exhibited more fear, lower self-esteem, and worse moods than those who sat upright. More negative words were used than positive in the linguistic analyses.

4. Increased Stress

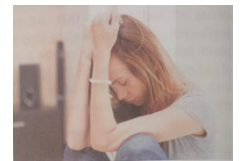
- ❖ Increased physical and mental stresses are two more negative effects of bad posture. Physical stress on the body causes soreness and pain, and can also translate into mental stress. In the study mentioned previously, the relationship between posture and stressful situations was observed. Decrease levels of testosterone and increase levels of cortisol.

5. Carpal Tunnel Syndrome

- ❖ Since the nerves in your neck and upper back control muscle function in arms, wrists, and hands, bad posture can negatively affect these areas and cause Carpal Tunnel Syndrome. Muscles can become tight and present numbness, tingling or pain.

6. Less Motivation

- ❖ Since one of the effects of bad posture is lower confidence, less motivation can also stem from bad posture. People will also see you as less confident or shy if you are slouching, which can affect both social and work situations. Less motivation also goes hand in hand with depression and fear, so it makes sense that it's affected by posture.

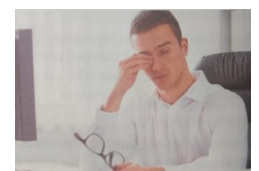


7. Poor Digestion

- ❖ Poor digestion is one of the negative effects of bad posture that often goes unrealized. When you slouch and hunch over, your organs bunch up together. This makes it harder for the body to digest food and can lead to constipation. It can also impact your metabolism and ultimately damage your bodily processes to consume and process food, leading to life-altering metabolic issues.

8. Fatigue

- ❖ When you have poor posture, the body works harder to keep you upright, and you'll be left feeling tired. Upright is the normal position of the body, so your body is constantly trying to get it back to where it's supposed to be. So, to do this, the body requires more energy, which will lead you to feelings fatigue.



UNIT-02

FIRST AID

First Aid in Different Situations

First aid is the immediate help given to an injured person before proper medical help arrives. If given on time, it can save a life or prevent an injured person's condition from worsening. These are the three basic rules a first-aider should keep in mind:

- Stay calm.
- Act fast.
- Try and arrange for a doctor as fast as possible.

Let's read about specific first aid for some common emergencies and injuries.

Burns

In case a person's clothes catch fire, make him roll on the ground or wrap him in a thick blanket. This will help to cut off the supply of air and oxygen that is essential for burning. Do not let the victim run. His running action will fan the fire and spread it.



For minor burns, immerse the burnt area in cold water for 10-15 minutes, or apply an ice pack on it. This will prevent the formation of blisters. Apply a soothing antiseptic cream on the burnt area. Never apply oil or ghee on it. For severe burns, rush the victim to a doctor.

Cuts and Wounds

If the cut is small, wash the area with soap and water. Then apply an antiseptic lotion and put a band-aid on it. For deep cuts, take the victim to a doctor, as the wound may require stitches.



Fracture

A fracture is a crack in a bone. It may occur due to a fall or an injury. Do not move the fractured part. Use a splint to prevent movement of the affected limb. It can be made by using a piece of wood, cardboard, long scale, or folded newspaper. A sling can be used for supporting a broken arm. Take the victim to a doctor as soon as possible.



Sprain

A sprain is an injury to a muscle or joint. It results in the tearing of tissues, pain and swelling. Put an ice pack on the sprained area. Then apply a pain-relieving ointment and tie a crepe bandage firmly around the sprained region.



TERM-II
UNIT: 03
(YOGA & ITS BENEFITS)

Some Yoga Asanas

Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead a person to peace and well being of the inner self. Yoga makes the body strong and flexible. It improves the functioning of the respiratory, circulatory and digestive system.

Yoga is a way of that aims towards a healthy mind and body. Yoga promotes the physical, mental and spiritual being of a person. Yogic exercises recharge the body with cosmic energy.

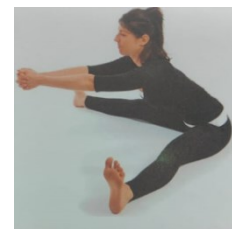
Benefits of Yoga: Following are the benefits of Yoga:

- It improves sleep
- It improves flexibility
- It lowers blood pressure and glucose level
- It boosts immunity
- It improves flexibility
- It helps in weight loss
- It builds muscular strength

Some Important Yoga

(Chakki Chalasana)

This yoga asana mimics the movements of a hand-moved wheat grinder, common in the villages of India. It is an excellent workout for the body!



How to do Chakki Chalanasana:

1. Sit with your legs splayed apart. Clasp your hands and outstretch your arms at shoulder height in front of you.
2. Take a deep breath in and start moving the upper part of your body to the front and right, forming an imaginary circle with your body.
3. Inhale as you go forward and to the right, and exhale as you go backward and to the left.

Tip from the Sri Yoga teachers: Stretch forward from the lower back and keep your legs stationary. A slight movement in the legs is natural as the torso rotates. The arms move along with the back.

4. Keep breathing deeply and easily while rotating. Do you feel the stretch in the arms, abs and legs?

Make 5-10 rounds in one direction and then repeat in the opposite direction. Your wheat flour is ready to be cooked!

Benefits of the Chakki Chalanasana:

This asana is a good preventive for sciatica.

It tones the back, abs and arm muscles.

Opens up the chest and groin.

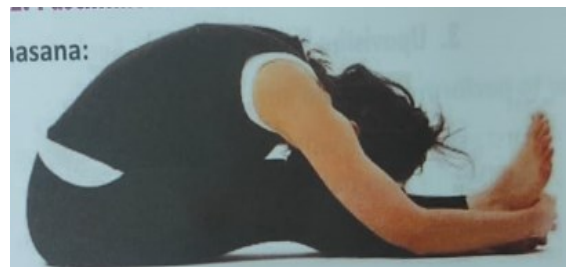
Tones the uterine muscles in females, so it is very useful in preventing painful cycles if practiced regularly.

Consistent practice helps reduce abdominal fat.

Also very useful in reducing post-delivery fat (however, please consult your doctor before practising this yoga posture)

(Paschimottanasana)

How to perform Paschimottanasana:



- Sit up with the legs stretched out straight in front of you on the floor.
- Keep the spine erect and toes flexed towards you.
- Bring your respiration to normal.
- Breathing in, slowly raise your both the arms straight above your head and stretch up.
- Slowly breathe out and bend forward from the hip joint, chin moving toward the toes keeping the spine erect.
- Place your hands on your legs, wherever they reach, without putting much effort.
- If possible hold of your toes and pull on them to help you go forward. Stay in this position as long as possible.
- After the exertion limit reached inhale and raise up stretching up your arms straight above your head.
- Breathe out and bring your arms down placing the palms on the ground.
- Relax for a while and try to feel the changes occurred in the body.

Benefits of Paschimottanasana:

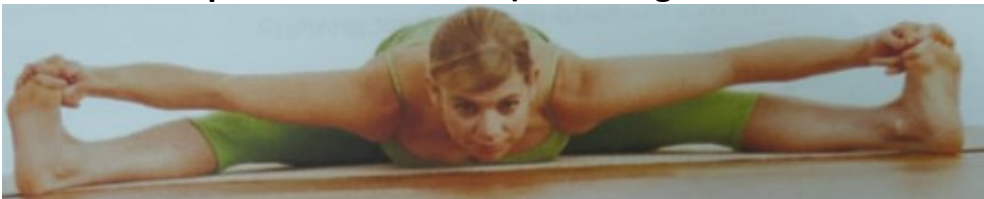
- Stretches the whole spine, shoulders specifically lower back, hamstring, and hips.
- Massages and tones the abdominal and pelvic organs.
- Improves the circulation.
- Stretches and strengthens the calf and thigh muscles.
- Activates the spinal nerves.
- Tones the arms.
- Reduces abdomen fat.

Upavistha Konasana (Wide Angle Seated Forward Bend)

How to perform Upavistha Konasana

- First, sit straight with your legs open in a way that they make 90-degree angle with your pelvis. Now, keep your toes pointing up. Flex your feet and align your knees.
- At that point, you feel curve in your lower back (You may place a firm cushion under your pelvis. The cushion gives your pelvis more stability to tilt forward).
- Keep your palms on the ground, behind your hips.
- Take a long and deep breath in such a way that the sides of your body lift, by making a space in the spine.
- Hang on for a few seconds if you feel a well stretch in your legs at that point.
- Then, support your lower back and sucking your belly in, breathe out and fold. Slowly place your hands in front of you. Stretch as much as you can, if you feel uneasy then stop. Breathe deep and long during holding the pose about 30 to 60 seconds.
- Breathe out and slowly get back to your initial position.

Benefits of Upavistha Konasana (Wide-Angle Seated Forward Bend)



- It activates your core muscles and stretches your hamstrings. This Yoga pose stimulates and toned your abdominal organs, makes your spine stronger.
- It also stretches your adductor muscles of the groin.
- Wide Angle Seated Forward Bend stretches the inside and back muscles of your legs and strengthens your vertebral columns.
- Upavistha Konasana calms your mind and relaxes your body. Helpful in arthritis and sciatica along with detoxifies your kidneys.

UNIT-4 SPORTS SKILLS EXERCISES

Some Indigenous Sports

Games and martial arts have been an important part of Indian culture since ancient times. Our country has a large variety of traditional games.

Some traditional games are Kabaddi, Snake boat race, Archery, Kho-Kho, Wrestling, Mallkhamb, etc.

The martial art forms that originated in India are:

1. Kalaripayattu
 2. Cheibi Gad- Ga (Manipur)
 3. Silambam
- (Kabaddi)**



It is an old and popular game of India. It is played between two teams with seven players in each team. One of the raiding team's players has to keep on chanting kabaddi-kabaddi in one breath. He/she is supposed to touch as many players of the opponent team as he/she can. The number of players touched by the raiders is declared out. They are sent out of the field. The opponent players also try to catch hold of the raider so that he might not be able to go back to his side. In case he/she is caught he is declared out. The raider is also considered out if his/her breath runs out, or if he/she fails to speak 'kabaddi-kabaddi'. The team who gets more points by the end of the game is declared as winner

(Kho-Kho)

In this game, one team sits in a row in the centre of the court. The teammates sit facing the opposite directions in alternate manner. These members are sent into the court who avoids being touched by the members of the other team. The winner is one who takes less time to touch and make the opponents out.



(Wrestling)

Wrestling is one of the traditional games. Locally, it is called Kushti. It involves a lot of physical training. Now this game has become an international sport and played on mattresses. Initially it was played in mud-pit akharas. Even today in Indian villages this game is played in such akharas. **The** wrestlers had to live a very hard life. They take a balanced diet.



(Mallkhamb)



It is a traditional Indian sport. Mallkhamb means a 'gymnast's pole'. In this game, men and women learn to practice balancing techniques on a pole while taking twists and turns.

(Snake-boat Race)



The boat race is very famous in Kerala. It is organised on the Onam festival. Around hundred oarsmen row one boat. Some of them play music and cymbals. It is the largest team sport in the world.

(Martial Arts)



Martial arts simply mean 'fighting sports meant for self-defence.' Judo, karate and taekwondo are some popular forms of martial arts. They all are forms of self- defence. Karate began in India and from there it went to China. Then it spread to Japan, where it developed into its present form.

Kalaripayattu:



It is a traditional martial art form of Kerala. Both men and women practise this art. It makes the person fit because it involves many physical exercises.

Cheibi Gad-Ga:

This is one of Manipur's ancient martial arts. The fighting equipment consists of a sword and shield. But now a stick is used instead of a sword. The competition is held on a flat surface and within a circle. The person, who scores the maximum points, wins.

Archery:

Archery has been used for hunting and self- defence since ancient times. Now it has become an international sport.

Silambam:

This martial art is practised in Tamil Nadu. A long bamboo called staff is used in this martial art. The fighters are made to fight in a circle. The contestant who is able to touch the other contestant more number of times with his staff, is declared as the winner. Nowadays, ancient art forms of all these games are being replaced by modern methods of martial arts. Today, children even do not know the names of the ancient Indian games.

