

PS : 4

1. Physical Facility → correspondence with
time +2. List down all your important activities
whether they are related to I (self)
body or the Both.Activity - 2

S.No.	Activity	I (self)	Body	Both
1.	Using Laptop			✓
2.	Thinking	✓		
3.	Breathing		✓	
4.	Listening Music			✓
5.	Happiness	✓		
6.	Dreaming	✓		
7.	Body Blood Circulation		✓	
8.	Running		✓	
9.	Driving			✓
10.	Eating		✓	
11.	Dancing			✓
12.	Playing basketball			✓
13.	Studying			✓
14.	Writing			✓
15.	Using phone			✓
16.	Sleeping		✓	
17.	Watching		✓	
18.	Drawing			✓
19.	Trust	✓		
20.	Love	✓		

Activity 1

Physical facilities \rightarrow corresponding with time.

- Eg - Food, Cloth are needs of body, Respect, recognition, fame are the need of I. Tasty food is the need of both I and body.
- If a desire is related to both I and body, feeling part of it is related to I and physical facilities part of it is related to the body.
Eg :- Taste is the need of I, while food is the need of the body.
- If you carefully observe, you can see that the need of I and body are different in nature and quality.
- Needs of I are continuous in nature while it is possible with the needs of body. Respect can not be quantified, while one can decide how much food is required.
- Problems are created, when one tries to fulfill the needs of I with the physical facilities which is prevailing in the present.

Q. 2/1/20

PS: 5 (i) Write a Narration in the form of a story, poem, skit or essay to clarify a ~~salient~~ silent human value to the children.

(ii) Recollect and narrate an incident in your life where you were able to exhibit willful adherence to value in a difficult situation.

Activity - 1

Story: Potato, egg and coffee parable.

Once when cooking, ^{Lea's} ~~Lea's~~ father decided to use the opportunity to teach daughter about life's adversities and how it affects people differently.

He placed three pots of boiling water on the stove and asked ^{Lea} ~~Lea~~ to put an egg into the first, a ~~pot~~ potato into the second, and tea's leaves into the third. He then instructed Lea to keep an eye on all the three items for 12 minutes. After 12 mins, her father takes out the egg, potato and strains the tea.

He asks Lea to peel the egg and potatoes, Lea is confused as the ~~pot~~ peels both the egg & potato which has changed since they went into the water. Her father explains, "All the three

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Items were put in ~~different~~ the same boiling water but they all reacted differently. The fragile egg came out hard, the tough potato turned soft and the tea leaves changed the water into something beautiful with their aroma and flavour.

He laughed seeing her confused face. "This is how life work" he said "life puts everyone in tough situations. It's up to you to decide how you will come out of it. Now, who are you like? The potato, egg or tea leaves?" he asked her as she smiled.

Moral :- It's not what happens, it's how you react to it that matters.

Activity - 2

It was the time of my ~~the~~ schooling, our subject teacher gives us a project preparing for school exhibition. Unfortunately, my group project get selected & this unfortunately came because the project was load by me & where other hand, fear from presentation in front of people, this is due to lack of confidence in me. By my excuse was not as much as effective to make my teachers in favour of my inner fear. It was forcibly or scoldingly order to me that you have to explain your project. On the exhibition day, I was very nervous that for bringling only then after there is slowly building of confidence in me and I was able to done my task successfully. More surpechingly was that, I was awarded by 1100 Rs. for nice project & good presentation. So, I was very thankful to my teacher who help me in run off my fear.

Moral - Never give up & always follow your
teacher

01/12/23

Signature.....