



Reading for fun



Reading materials in
English

Collected by
SCERT, Chhattisgarh

इस पुस्तक के बारे में.....

हमारे राज्य में बच्चों, शिक्षकों एवं समुदाय में पढ़ने की आदत विकसित करने के लिए अनेकानेक उपाय किए जा रहे हैं। शालाओं में के साथ साथ समुदाय के लिए भी पुस्तकालयों का प्रबंध किया जा रहा है। पुस्तकें उपलब्ध कराने के बाद भी यह आवश्यक नहीं है कि सभी इन पुस्तकों का नियमित उपयोग कर कुछ लाभ उठाएँ। सभी पुस्तक अपनी स्वयं की रुचि से पढ़ें, इसके लिए यह आवश्यक है कि उनको उपलब्ध करवाई गई सामग्री उनके लिए रुचिकर हों और उनकी आवश्यकतानुरूप हो। अंग्रेजी भाषा में शिक्षकों के लिए रुचिकर पठन सामग्री उपलब्ध करवाना एक चुनौती है। इन्हीं बातों को ध्यान में रखकर इस पुस्तिका में ऐसी सामग्री संकलित करने का प्रयास किया गया है जो कि शिक्षकों को रुचिकर लगे और जिनका उपयोग कर वे आपस में विभिन्न गतिविधियाँ करते हुए अंग्रेजी भाषा में भी अपनी पकड़ आसानी से बना सके। जहाँ एक ओर शिक्षक इस पुस्तक को पढ़कर अंग्रेजी भाषा में सामग्री पढ़ने में रुचि पैदा करेंगे वहीं दूसरी ओर सेवा पूर्व प्रशिक्षण में छात्राध्यापक इस पुस्तक को स्व-अध्ययन के साथ साथ विभिन्न गतिविधियों का उपयोग कर अपने भाषाई कौशलों का विकास कर सकेंगे।

इस पुस्तके में जहाँ एक ओर छोटे छोटे चुटकुले या कहानियाँ हैं, वहीं पुरानी प्रचलित कहानियों में थोड़ा सा परिवर्तन कर इस प्रकार परोसा गया है कि थोड़ी सी सूझ, समझ और मेहनत से इन्हें आसानी से समझा जा सकेगा। कुछ कहानियाँ जहाँ हमें विभिन्न मूल्यों के विकास में मदद करेंगी वहीं व्यावहारिक समझ बढ़ाने में भी मदद करेंगे। कुछ सामग्री को पढ़कर छात्राध्यापक रोल प्ले कर सकते हैं, उनमें परिवर्तन कर नई कहानी स्वयं तैयार कर सकते हैं, कक्षा में अंग्रेजी में कहानी सुना भी सकेंगे। योग के विभिन्न आसनों की जानकारी को पढ़कर वे इन आसनों को स्वयं कर सकेंगे और आप उनके पढ़ने की समझ का आंकलन भी कुछ गतिविधियों का आयोजन करते हुए आसानी से किया जा सकेगा। कुछ छोटी-छोटी कविताओं के माध्यम से शिक्षकों को स्वयं कविता लिखने के लिए प्रेरित किया जा सकेगा। कुछ चित्र एवं पोस्टर भी इस पुस्तक में दिए गए हैं, जिन्हें देखकर शिक्षकों को अपने विचार अंग्रेजी में प्रकट करने होंगे। इसे पढ़कर हमारे शिक्षक साथी और भी बहुत सी गतिविधियाँ सोचकर उसकी डिजाइन तैयार कर पढ़ने को एक रोचक अनुभव के रूप में सामने ला सकते हैं। इस पुस्तक में उपयोग में लाए गए फोंट्स हस्तलेख से मिलते जुलते हैं। यह इसलिए किया गया है ताकि आपको विभिन्न हस्तलेख वाली सामग्री को पढ़ने का अनुभव हो सके, क्योंकि बाद में आपको बच्चों के हस्तलेख को देखकर भी तो बहुत से काम आगे बढ़ाने होंगे। इनके अलावा आप इन फोंट्स को देखकर अपने अंग्रेजी लेखनी के लिए भी अपना एक स्टाइल चुनकर उस पर अभ्यास कर सकते हैं। हम उन सभी के आभारी हैं जिनके कृतियों एवं संकलन को इस पुस्तिका में स्थान दिया गया है। आशा ही नहीं पूर्ण विश्वास है कि आपको इस सामग्री को पढ़कर और भी बहुत सी सामग्रियों को पढ़ने हेतु रुचि उत्पन्न होगी। आपके विचारों से परिषद को अवश्य अवगत कराएंगे।

(सुधीर अग्रवाल)

संचालक

राज्य शैक्षिक अनुसंधान एवं प्रशिक्षण परिषद

छत्तीसगढ़

It could be very much within us

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family Doctor to discuss the problem. The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss.

Here's what you do," said the Doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens." Then in a normal tone he asks, "Honey, what's for dinner?"

No response.

So the husband moves to closer to the kitchen, about 30 feet from his wife and repeats, "Honey, what's for dinner?"

Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, what's for dinner?"

Again he gets no response so he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?"
Again there is no response.

So he walks right up behind her. "Honey, what's for dinner?"

*
*

"James, for the FIFTH time I've said, CHICKEN!"

The problem may not be with the other one as we always think, could be very much within us..!



(क्या हम आपस में उक्त सामग्री को पढ़ने के बाद उस पर आधारित रोल-प्ले तैयार कर सबके साथ शेयर कर सकते हैं? बड़ा मजा आएगा, एक बार कर के तो देखिए!!!)

A Panchatantra Story Re-told with a Modern perspective

Once upon a time, there was a software engineer who used to develop programs on his Pentium machine, sitting under a tree on the banks of a river. He used to earn his bread by selling those programs in the Sunday market.

One day, while he was working, his machine tumbled off the table and fell in the river.



Encouraged by the Panchatantra story of his childhood (the woodcutter and the axe), he started praying to the River Goddess. The River Goddess wanted to test him and so appeared only after one month of rigorous prayers. The engineer told her that he had lost his computer in the river.

As usual, the Goddess wanted to test his honesty. She showed him a match box and asked, "Is this your computer?" Disappointed by the Goddess' lack of computer awareness, the engineer replied, "No."

She next showed him a pocket-sized calculator and asked if that was his.

Annoyed, the engineer said "No, not at all!!"

Finally, she came up with his own Pentium machine and asked if it was his.

The engineer, left with no option, sighed and said "Yes."

The River Goddess was happy with his honesty. She was about to give him all three items, but before she could make the offer, the engineer asked her, "Don't you know that you're supposed to show me some better computers before bringing up my own?"

The River Goddess, angered at this, replied, "I know that, you stupid donkey!

The first two things I showed you were the Trillennium and the Billennium, the latest computers from IBM!". So saying, she disappeared with the Pentium!!.

If you're not up-to-date with technology trends, it's better to keep your mouth shut and let people think you're a fool than to open your mouth and remove all doubt.

(अब लकड़हारे एवं कुल्हाड़ी वाली वास्तविक कहानी को अपने साथी को अंग्रेजी में सुनाने का प्रयास करो। क्या कहा, कुल्हाड़ी को क्या कहते हैं, इसी कहा नी में ही तुरंत ढूँढो। कहानी और चित्र में आपको कोई अंतर नजर आ रहा हो तो उस पर भी चर्चा करें।)

HUNDRED PERCENT

A boy and a girl were playing together. The boy had a collection of marbles. The girl had some sweets with her. The boy told the girl that he will give her all his marbles in exchange for her sweets.. The girl agreed.

The boy kept the biggest and the most beautiful marble aside and gave the rest to the girl. The girl gave him all her sweets as she had promised.



That night, the girl slept peacefully. But the boy couldn't sleep as he kept wondering if the girl had hidden some sweets from him the way he had hidden his best marble.

If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent???

This is applicable for any relationship like Love, Friendship, Employer-Employee relationship etc.,

Give your hundred percent to everything you do and sleep peacefully!!

(आजकल सहयोग परक अधिगम (Co-operative learning) का जमाना है। कक्षा में हमें एक दूसरे से भी सीखना होता है। हमारे पास एक्टिव लर्निंग में जिगसॉ एवं लर्निंग स्टेशन जैसी प्रविधियाँ हैं। इनका उपयोग करते समय समूह में हमें जितना भी आता है, उसे बेहतर से बेहतर ढंग से सीखकर एक दूसरे को सिखाना होता है। तभी ऐसी कक्षाएँ प्रभावी होती हैं और लोग सही अर्थों में पाठ और जीवन-मूल्यों को सीख पाते हैं।)

A Difficult Judgment

In a small town, a person decided to open up his Bar business, which was right opposite to the Temple. The Temple & its congregation started a campaign to block the Bar from opening with petitions and prayed daily against his business.

Work progressed. However, when it was almost complete and was about to open a few days later, a strong lightning struck the Bar and it was burnt to the ground.

The temple folks were rather smug in their outlook after that, till the Bar owner sued the Temple authorities on the grounds that the Temple through its congregation & prayers was ultimately responsible for the demise of his bar shop, either through direct or indirect actions or means.



In its reply to the court, the temple vehemently denied all responsibility or any connection that their prayers were reasons to the bar shop's demise. As the case made its way into court, the judge looked over the paperwork at the hearing and commented:

"I don't know how I'm going to decide this case, but it appears from the paperwork, we have a bar owner who believes in the power of prayer and we have an entire temple and its devotees that doesn't."

(आपके जीवन में कभी ऐसे क्षण आए होंगे जिसमें आपको किसी बात पर निर्णय लेने में परेशानी आई होगी। ऐसे किसी घटना को अपने कक्षा या दोस्तों के साथ अंग्रेजी में शेयर करने का प्रयास करें। उपरोक्त कहानी को भी अपने साथियों के साथ नाटक के रूप में खेल सकते हैं। अंग्रेजी में छोटे-छोटे डायलॉग ही तो लिखने होंगे। मजा आएगा, जरा ट्राई करके देखो !!)

A Great Thought

We can't do this ever, because we have brains !!!!

It was a sports stadium.

Eight Children were standing on the track to participate in the running event.

* Ready! * Steady! * Bang !!!

With the sound of Toy pistol, all eight girls started running.

Hardly have they covered ten to fifteen steps, one of the smaller girls slipped and fell down, due to bruises and pain she started crying.

When other seven girls heard this sound, they stopped running, stood for a while and turned back, they all ran back to the place where the girl fell down.

One among them bent, picked and kissed the girl gently and enquired 'Now pain must have reduced'. All seven girls lifted the fallen girl, pacified her, two of them held the girl firmly and they all seven joined hands together and walked together and reached the winning post.

Officials were shocked. Clapping of thousands of spectators filled the stadium. Many eyes were filled with tears and perhaps it had reached the GOD even!

YES. This happened in Hyderabad , recently!

The sport was conducted by National Institute of Mental Health.

All these special girls had come to participate in this event and they are spastic children.

Yes, they were Mentally Challenged (retarded).

What did they teach this world?

Team-work? /Humanity? /Equality among all??

Successful people help others who are slow in learning so that they are not left far behind.



(क्या आपको भी ऐसा कोई वाक्या याद है? अपने मित्रों को सुनाएँ और अपनी डायरी में लिखें। ऐसे बच्चों पर बनी फिल्मों को देखकर उन्हें कैसे पढाना चाहिए, उनके साथ कैसे व्यवहार करना चाहिए, इस पर भी आपस में चर्चा करें।)

Man and woman

A man was sick and tired of going to work every day while his wife stayed home. He wanted her to see what he went through so he prayed:

"Dear Lord: I go to work every day and put in 8 hours while my wife merely stays at home. I want her to know what I go through, so please allow her body to switch with mine for a day. Amen."

God, in his infinite wisdom, granted the man's wish.

The next morning, sure enough, the man awoke as a woman. He arose, cooked breakfast for his mate, awakened the kids, set out their school clothes, fed them breakfast, packed their lunches, drove them to school, came home and picked up the dry cleaning, took it to the cleaners and stopped at the bank to make a deposit, went grocery shopping, then drove home to put away the groceries, paid the bills and balanced the cheque-book. He cleaned the cat's litter box and bathed the dog.



Then it was already 1 P.M. and he hurried to make the beds, do the laundry, vacuum, dust, and sweep and mop the kitchen floor. Ran to the school to pick up the kids and got into an argument with them on the way home. Set out milk and cookies and got the kids organized to do their homework, then set up the ironing board and watched TV while he did the ironing.

At 4:30 he began peeling potatoes and washing vegetables for salad, breaded the pork chops and snapped fresh beans for supper. After supper, he cleaned the kitchen, ran the dishwasher, folded laundry, bathed the kids, and put them to bed.

At 9 P.M. he was exhausted and, though his daily chores weren't finished, he went to bed where he was expected to make love, which he managed to get through without complaint. The next morning, he awoke and immediately knelt by the bed and said: Lord, I don't know what I was thinking. I was so wrong to envy my wife's being able to stay home all day. Please, oh please, let us trade back."

The Lord, in his infinite wisdom, replied: "My son, I feel you have learned your lesson and I will be happy to change things back to the way they were. You'll just have to wait nine months, though. You got pregnant last night."

(जेण्डर समानता पर अपने विचार रखें। क्या आपने किसी कक्षा में लड़के एवं लड़कियों में भेद किए जाते देखा है? इनमें आपस में किस प्रकार के भेद-भाव किए जाते हैं, और क्यों? आप अपनी कक्षा में इस अंतर को कैसे दूर करेंगे? आप दिन भर में क्या क्या करते हो, इसका वर्णन अपने दोस्तों में करें।)

Pebble Story

Many years ago in a small Indian village, a farmer had the misfortune of owing a large sum of money to a village moneylender. The Moneylender, who was old and ugly, fancied the farmer's beautiful Daughter. So he proposed a bargain.

He said he would forgo the farmer's debt if he could marry his Daughter. Both the farmer and his daughter were horrified by the Proposal.

So the cunning money-lender suggested that they let Providence decide the matter.

He told them that he would put a black Pebble and a white pebble into an empty money bag. Then the girl would have to pick one pebble from the bag.

1) If she picked the black pebble, she would become his wife and her father's debt would be forgiven.

2) If she picked the white pebble she need not marry him and her father's debt would still be forgiven.

3) But if she refused to pick a pebble, her father would be thrown into Jail.

They were standing on a pebble strewn path in the farmer's field. As They talked, the moneylender bent over to pick up two pebbles. As he Picked them up, the sharp-eyed girl noticed that he had picked up two Black pebbles and put them into the bag.

He then asked the girl to pick a pebble from the bag.

Now, imagine that you were standing in the field. What would you have done if you were the girl? If you had to advise her, what would you have told her?

Careful analysis would produce three possibilities:

1. The girl should refuse to take a pebble.

2. The girl should show that there were two black pebbles in the bag and expose the money-lender as a cheat.

3. The girl should pick a black pebble and sacrifice herself in order to save her father from his debt and imprisonment.

Take a moment to ponder over the story. The above story is used with the hope that it will make us appreciate the difference between lateral and logical thinking.

The girl's dilemma cannot be solved with Traditional logical thinking. Think of the consequences if she chooses the above logical answers.

What would you recommend to the girl to do?

Well, here is what she did....

The girl put her hand into the moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles.

"Oh, how clumsy of me," she said. "But never mind, if you look into the Bag for the one that is left, you will be able to tell which pebble I Picked."

Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the money-lender dared not admit his Dishonesty, the girl changed what seemed an impossible situation into an extremely advantageous one.

Most complex problems do have a solution. It is only that we don't Attempt to think.

(क्या आप इस कहानी को एक नाटक के रूप में प्रस्तुत कर सकते हैं? क्या ऐसी कोई घटना आपको याद है जिसमें किसी मुश्किल घड़ी में विपरीत परिस्थितियों को भी थोड़ी सी सूझ से परिस्थितियों को अपने पक्ष में करना संभव हो सका। इसे अंग्रेजी में लिखने एवं सुनाने का प्रयास करें।)



My Name is Gossip

*I have no respect for justice.
I aim without killing.
I break hearts and ruin lives.
I am cunning and malicious, and gather
strength with age.
The more I am quoted, the more I am
believed.
I flourish at every level of society.
My victims are helpless.
They cannot protect themselves against me,
Because I have no face.
To track me down is impossible.
The harder you try, the more elusive I become.
I am nobody's friend.
Once I tarnish a reputation, it is never the same.
I topple governments, wreck marriages and ruin careers. . .
Cause sleepless nights, heartaches and indigestion.
I spawn suspicion and generate grief.
I make innocent people cry in their pillows.
Even my name hisses.
I make headlines and headaches.
Before you repeat a story, ask yourself . . .
'Is it true?
Is it fair?
Is it necessary?'*



आपने अपने आसपास अपने दोस्तों के बीच कौन सी गोसिप सुनी है? अप्रेल फूल के दिन के लिए कोई ऐसी गोसिप तैयार करें जिससे सबको मजा तो आए पर किसी को कोई ठेस या नुकसान न पहुँचे।

THE BLISSFUL RAIN

HAVE YOU WONDERED WHY
THE RAIN FROM THE SKY
GIVES US SO MUCH PEACE
AND PUTS US AT EASE?



I CAN GIVE YOU THE ANSWER
THE RAIN IS A GRACEFUL DANCER
WHICH WASHES OUR WORRIES AWAY
AND MAKES US HAPPY AND GAY

WHEN I AM IN PAIN
I PRAY TO GOD FOR RAIN
TO FALL ON MY WINDOW PANE
SO THAT JOYFULNESS I WILL GAIN

आपने कभी न कभी बरसात का मजा जरूर लिया होगा। अपने अनुभव के आधार पर एक कविता या कुछ लाइन लिखने का प्रयास करें। और हाँ, कवि महोदय, अपनी कविता जरूर एक दूसरे को सुनाएँ।

My dream



I OFTEN SIT AND WONDER
HOW WE GET TO HEAR THUNDER
BUT THIS TRUTH I HAVE FOUND
FIRST COMES THE FLASH AND
THEN THE SOUND

I OFTEN SIT AND WONDER
WHY LIZARDS CRAWL
AND SNAKES GO UNDER
HOW FISH SWIM AND BIRDS FLY
AND WHY DO WE ALL DIE?

I OFTEN SIT AND RACK MY MIND
AND WISH THAT I COULD FIND
THE KEY TO THE SECRETS OF NATURE
WHO IS SUCH A WONDERFUL TEACHER!!

हम सभी सपने जरूर देखते हैं। कुछ सोकर और कुछ जागते हुए सपने देखते हैं। आपके व्दाय देखे गए किसी सपने को लिखकर और अपने साथियों के साथ बोलकर शेयर करें। और हॉं!! अंग्रेजी में! मजा आएगा!!

I'M JUST A LITTLE BORED

I AM JUST A LITTLE BORED
THERE ARE A FEW IDEAS IN MY MIND STORED
I WANT CHOCOLATES ON TREES
AND ICE CREAM TO POUR OUT OF TAPS

I WOULD LOVE CARTOONING TO BE TAUGHT AT
SCHOOL
BECAUSE THAT WOULD MAKE MY MIND FULLY COOL
IF I COULD READ COMIC BOOKS INSTEAD OF
GEOGRAPHY MAPS
IT COULD BE TRUE THAT ICE CREAM POURS OUT OF
TAPS

THERE ARE MANY THINGS I'D LIKE TO CHANGE
BUT THEY ARE ALL OUT OF MY RANGE

इस कविता में चॉकलेट को पेड़ों पर और नल से आइस्क्रीम निकलने की कल्पना की गई है। आपके मन में इस प्रकार के जो भी आइडियाज़ हों, उसको फटाफट सोचते हुए लिखकर एक बढिया सा रोचक आलेख तैयार करें। अपने दोस्तों को भी अपने आइडियाज़ शेयर करें।

USE THIS MINUTE BEFORE IT SLIPS AWAY!!!

It only takes a minute
To say a word of cheer;

It only takes a minute
To dry a falling tear;

It only takes a minute
To lend a helping hand;

It only takes a minute
To try to understand;

It only takes a minute
To make and keep a friend;

It only takes a minute
Some broken heart to mend;

It only takes a minute
To brighten someone's day

Then use this very minute
Before it slips away.



आप अपना समय प्रबंधन कैसे करते हैं? दिन के 24 घंटे को एक चार्ट के रूप में प्रदर्शित करते हुए आप यह दर्शाने का प्रयास करें कि आप प्रत्येक घंटे का कैसे उपयोग करते हैं?

Books



YOU FLIP THROUGH ME
YOU SEARCH AND YOU FIND
I HAVE TONS OF KNOWLEDGE
TO SHARE IT I DO NOT MIND.

JUST TAKE CARE OF ME
PLEASE BE KIND
FOR YOU, ALL THE PAST I'LL REWIND
BUT BE CAREFUL, MY LOOSE PAGES
DO BIND.

YOU CAN TAKE A TRIP TO THE SUN
WHILE EATING A TREAT AND HAVING FUN
BEFORE A QUIZ HAVE A LOOK AT ME
AND YOU WILL EASILY WIN, YOU WILL SEE

पुस्तक पर लिखी इस कविता के जैसे आप भी पुस्तक या किसी अन्य चीज पर एक कविता लिखने का प्रयास करें।

CAN IS A WORD OF POWER

DID IS A WORD OF ACHIEVEMENT,

WON'T IS A WORD OF RETREAT,

MIGHT IS A WORD OF BEREAVEMENT,

CAN'T IS A WORD OF DEFEAT,

OUGHT IS A WORD OF DUTY,

TRY IS A WORD OF EACH HOUR,

WILL IS A WORD OF BEAUTY,

CAN IS A WORD OF POWER.

इस कविता से आप व्याकरण के किस भाग को सीख या समझ पा रहे हैं? इस कविता से आपको किस हद तक मदद मिल पा रही है? अंग्रेजी व्याकरण सिखाने के लिए क्या आप कुछ और कविता तैयार कर सकते हैं? प्रयास करें।

A world beyond



I try to imagine,
I try to think,
I try to discover,
How the world beyond ours is.

Sometimes I dream of a paradise,
Filled with men and women wise,
All the sacrificing souls of Earth,
Could these have been a better birth?

Then I gaze the beautiful sky blue,
What wonders and mysteries I have no clue,
Out there is someone beyond the twinkles of light,
Looking at my world with the same wonder and same fright.

So vast the universe, so small the life,
So few the residents, so huge the edifice,
Are we the only ones who can roam?
No, its not made for us alone.

They may be like us, or they may be not,
Exploring the endless, maybe sending robots,
Or are they the satisfied patients ones,
Accepting life the way it comes.

Many dead planets we see all share,
In the past glories, even they might have had,
A breath of fresh air.
The mad rush for development accidentally,
Pushed the self-destruct button,
Or the timer expired all of a sudden.

Its better if we take some lessons from their flight,
For, the future in disguise may come into sight,
Eternal is the unpredictable, but let us survive,
And the other avatars should also be alive.

Of course our journey has to end some day,
May we never look back and smile all the way,
Of course the fruit will be sweet, delicious and fat,
But that too we'll share, however small portion we get.
Dream, dream, dream our own world,
As if its true and real

For even the great one dreamt
Before changing his imagination into reality
Saying that even you can alter,
The highest realms of possibility....

एक बच्चे ने इस कविता के रूप में अपने मन की बातें या विचार बड़ी खूबसूरती से बयाँ करने का प्रयास किया है। इस कविता को पढ़ने के बाद आपके मन में जो भी विचार आ रहे हों, उसे अपने दोस्तों के साथ चर्चा कर एक दूसरे के साथ बाँटने का प्रयास करें।

आप भी अपने मन में छिपी किसी बात को कविता के रूप में प्रस्तुत करने का प्रयास करें।

Funny situations inside the classroom

- Both of you three, get out of the class.
- (Facing the board) Don't talk in front of my back.
- Open the doors of the window. Let the atmosphere come in.
- Cut an apple in two halves-take the bigger half.
- Shhh... quiet, boys...the principal just passed away in the corridor.
- You, meet me behind the class. (meaning AFTER the class)
- Close the doors of the windows please....
- I have winter in my nose today.
- Take copper wire of any metal especially of silver.
- Take 5 cm wire of any length.
- Shhh.....quite, the principal is rotating in the school.

उपरोक्त वाक्यों में क्या गड़बड़ियाँ आपको महसूस हो रही हैं? इन गलतियों के क्या कारण हो सकते हैं?

Missing Husband

A woman went to police station to file a report for her missing husband.

Woman: I lost my husband.

Inspector: What is his height?

Woman: I never noticed.

Inspector: Slim or healthy?

Woman: Not slim. Can be healthy.

Inspector: Color of eyes?

Woman: never noticed.

Inspector: Color of hair?

Woman: Should be black.

Inspector: what was he wearing?

Woman: I don't remember exactly.

Inspector: Was somebody with him?



Woman: Yes, my Labrador dog (Romeo), tied with a golden chain, height 30 inches, healthy, blue eyes, blackish brown hair, his left foot thumb nail is slightly broken, he never barks, wearing a golden belt studded with blue balls, he likes non veg food, we eat together, we jog together.

The woman started crying

Inspector: Let's search the dog first!!!! .

उपरोक्त घटना में आपने देखा कि किस प्रकार से एक कुत्ते का वर्णन किया गया है। प्रत्येक बारीकी को शब्दों के माध्यम से उकेरने का प्रयास किया गया है। आप भी इसी प्रकार से अपने आसपास के किसी वस्तु या जानवर का विस्तार से वर्णन करने का प्रयास करें। यह कुछ भी हो सकता है, जैसे अपनी सायकल, आपका पेन, घर का कोई जानवर, गाँव का तालाब या नदी, घर का रेडियो अथवा टीवी, शाला में नियमित होने वाली किसी घटना का वर्णन आदि आदि।

Pl read these pictures and try to give them some captions as well as give your comments on the problems.



आपको इन समस्याओं पर अपने विचार रखने हैं? यदि बच्चों को जनसंख्या शिक्षा देने की आवश्यकता है, तो हम अन्य विषय पढाने के साथ साथ ये किस प्रकार से दे सकते हैं?

You lovers of the English language might enjoy this.

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is 'UP.'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends. And we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP.

When it rains, it wets the earth and often messes things UP.

When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now my time is UP, so..... .. it is time to shut UP ..!

Oh . . . one more thing:

What is the first thing you do in the morning & the last thing you do at night? U-P

SCATTERED PAPER

Once upon a time an old man spread rumors that his neighbor was a thief. As a result, the young man was arrested. Days later the young man was proven innocent. After being released he sued the old man for wrongly accusing him.

In court the old man told the judge: 'They were just comments, didn't harm anyone.'

The judge, before passing sentence on the case, told the old man: 'Write all the things you said about him on a piece of paper. Cut them up and on the way home, throw the pieces of paper out. Tomorrow, come back to hear the sentence.'

The next day, the judge told the old man: 'Before receiving the sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday.'

The old man said: 'I can't do that! The wind spread them and I won't know where to find them.'

The judge then replied: 'The same way, simple comments may destroy the honor of a man to such an extent that one is not able to fix it.'

"If you can't speak well of someone, rather don't say anything"

'Let's all be masters of our mouths, so that we won't be slaves of our words.'

कई बार जाने-अनजाने हम अपने दोस्तों के बारे में अनावश्यक टिप्पणी करना शुरू कर देते हैं और यह धीरे-धीरे हमारी आदत में शामिल हो जाता है। चलि अपना स्व-आंकलन करें और यदि ऐसी कोई बात हमारे आदत में शामिल हो गई है तो उसे समय रहते सुधारने का प्रयास करें। इस हेतु अपने दोस्तों से चर्चा करें।

VERY IMPORTANT AND INTERESTING

Read carefully

WHEN A THIEF FORCES YOU TO TAKE MONEY FROM THE ATM, DO NOT ARGUE OR RESIST, YOU MIGHT NOT KNOW WHAT HE OR SHE MIGHT DO TO YOU. WHAT YOU SHOULD DO IS TO PUNCH YOUR PIN IN THE REVERSE, I..E IF YOUR PIN IS 1254, YOU PUNCH 4521.

THE MOMENT YOU PUNCH IN THE REVERSE, THE MONEY WILL COME OUT BUT WILL BE STUCK INTO THE MACHINE HALF WAY OUT AND IT WILL ALERT THE POLICE WITHOUT THE NOTICE OF THE THIEF.

EVERY ATM HAS IT; IT IS SPECIALLY MADE TO SIGNIFY DANGER AND HELP. NOT EVERYONE IS AWARE OF THIS.

The Crow

An 80 year old man was sitting on the sofa in his house along with his 45 years old highly educated son. Suddenly a crow perched on their window.

The father asked his son, "What is this?"

The son replied, "It is a crow".

After a few minutes, the father asked his son the 2nd time, "What is this?"

The son said, "Father, I have just now told you, It's a crow".

After a little while, the old father again asked his son the 3rd time, "What is this?"

At this time some expression of irritation was felt in the son's tone when he said to his father with a rebuff. "It's a crow, a crow".

A little after, the father again asked his son the 4th time, "What is this?"

This time the son shouted at his father, "Why do you keep asking me the same question again and again, although I have told you so many times "IT IS A CROW". Are you not able to understand this?"

A little later the father went to his room and came back with an old tattered diary, which he had maintained since his son was born. On opening a page, he asked his son to read that page. When the son read it, the following words were written in the diary:-

"Today my little son aged three was sitting with me on the sofa, when a crow was sitting on the window.

My son asked me 23 times what it was, and I replied to him all 23 times that it was a crow.

I hugged him lovingly each time he asked me the same question again and again for 23 times.

I did not at all feel irritated I rather felt affection for my innocent child".



While the little child asked him 23 times "What is this?", the father had felt no irritation in replying to the same question all 23 times and when today the father asked his son the same question just 4 times, the son felt irritated and annoyed.

So....

If your parents attain old age, do not repulse them or look at them as a burden, but speak to them a gracious word, be cool, obedient, humble and kind to them. Be considerate to your parents. From today say this aloud, "I want to see my parents happy forever. They have cared for me ever since I was a little child. They have always showered their selfless love on me. They crossed all mountains and valleys without seeing the storm and heat to make a person presentable in the society today".

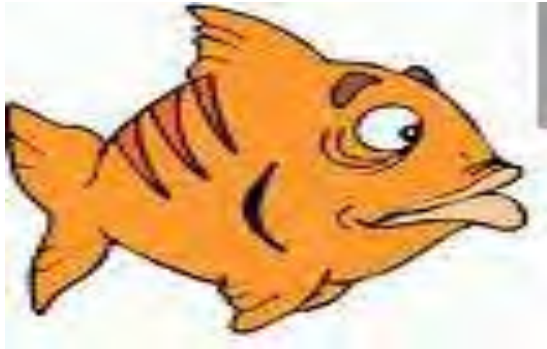
बच्चों को नए शब्दों से उनकी अपनी भाषा से परिचय प्राप्त करने के तरीकों पर गौर करें। यह ध्यान देने का प्रयास करें कि किस प्रकार से बच्चे अपने आसपास से अपनी मातृभाषा सीखते हैं। आप बच्चों को किस प्रकार से अंग्रेजी सिखाने का प्रयास करते हैं? यह किस प्रकार से उनकी अपनी मातृभाषा सीखने से भिन्न होता है?

SMS SHORTCUTS (आप भी कुछ और खोजें साथ ही खुद भी कुछ बनाएँ)					
L8	LATE	NE	ANY	OIC	OH, I SEE
L8R	LATER	NE1	ANYONE	OTOH	ON THE OTHER HAND
RU	ARE YOU	RUOK	ARE YOU OK?	THX	THANKS
U2	YOU TOO	ASAP	AS SOON AS POSSIBLE	KIT	KEEP IN TOUCH
NC	NO COMMENT	NP	NO PROBLEM	DWBH	DON'T WORRY, BE HAPPY
F2F	FACE TO FACE	FYI	FOR YOUR INFORMATION	HB2Y	HAPPY BIRTHDAY TO YOU
HAND	HAVE A NICE DAY	TUVM	THANK YOU VERY MUCH	W4U	WAITING FOR YOU

Fresh Fish in Japan

The Japanese have always loved fresh fish. But the water close to Japan has not held many fish for decades. So to feed the Japanese population, fishing boats got bigger and went farther than ever. The farther the fishermen went, the longer it took to bring the fish. On the return trip took more time, the fish were not fresh.

To solve this problem, fish companies installed freezers on their boats. They would catch the fish and freeze them at sea. Freezers allowed the boats to go farther and stay longer. However, the Japanese could taste



the difference between fresh and frozen fish. And they did not like the taste of frozen fish. The frozen fish brought a lower price. So, fishing companies installed fish tanks. They would catch the fish and stuff them in the tanks, fin to fin. After a little

thrashing around, they were tired, dull, and lost their fresh-fish taste. The fishing industry faced an impending crisis!

But today, they get fresh-tasting fish to Japan. How did they manage? To keep the fish tasting fresh, the Japanese fishing companies still put the fish in the tanks but with a small shark. The fish are challenged and hence are constantly on the move. The challenge they face keeps them alive and fresh!

Have you realized that some of us are also living in a pond but most of the time tired and dull? Basically in our lives, sharks are new challenges to keep us active. If you are steadily conquering challenges, you are happy. Your challenges keep you energized. Don't create success and revel in it in a state of inertia. You have the resources, skills and abilities to make a difference. Put a shark in your tank and see how far you can really go!

Constantly challenge your thoughts, do not wait for someone to point it out. You have to believe, when I say nobody can be a better critic of you but you yourself. Ask rather challenge yourself, "Could that have been done better?", if yes how? How can I better my output? Is there a way I do not know?

Challenge ... challenge ... challenge

Do not be a traveller in life ... be the driver of your life...before criticizing others, look inwards.

आपने पढा कि किस प्रकार जापान में उपभोक्ताओं की रुचि के आधार पर निरंतर सुधार के लिए सोचने एवं कुछ नया करने का प्रयास अनवरत चलता रहता है। क्या हम भी जब किसी पाठ या प्रकरण को पढाते हैं तो यह समझने का प्रयास करते हैं कि हमारे द्वारा पढाए गए पाठ को बच्चों ने कितना समझा? क्या इस समझ के आधार पर उन बच्चों को जिन्हें ठीक से समझ में नहीं आया, हम कुछ सुधार करने के उपचारात्मक उपाय कर पाते हैं? क्या हम अपने शिक्षण कौशल को प्रभावी बनाने हेतु लगातार जुटे रहते हैं? आप अपने शिक्षण कौशल के बारे में, अपने शिक्षण अनुभवों, कक्षा में किसी नए उपाय से मिली सफलता आदि के बारे में आपस में कुछ चर्चा करें और इन अनुभवों को लिखकर भी रखें।

Jokes

An English professor wrote the words, "Woman without her man is nothing" on the blackboard and directed his students to punctuate it correctly.

*The men wrote: "Woman, without her man, is nothing."
The women wrote: "Woman! Without her, man is nothing."*

Out of the box thinking

- Employee "A" in a company walked up to his manager and asked what my job is for the day?
- The manager took "A" to the bank of a river and asked him to cross the river and reach the other side of the bank.
- "A" completed this task successfully and reported back to the manager about the completion of the task assigned. The manager smiled and said "**GOOD JOB**"

Next day Employee "B" reported to the same manager and asked him the job for the day. The manager assigned the same task as above to this person also.

- The Employee "B" before starting the task saw Employee "C" struggling in the river to reach the other side of the bank. He realized "C" has the same task.
- Now "B" not only crossed the river but also helped "C" to cross the river.
- "B" reported back to the manager and the manager smiled and said "**VERY GOOD JOB**"

The following day Employee "Q" reported to the same manager and asked him the job for the day. The manager assigned the same task again.

- Employee "Q" before starting the work did some home work and realized "A", "B" & "C" all has done this task before. He met them and understood how they performed.
- He realized that there is a need for a guide and training for doing this task.
- He sat first and wrote down the procedure for crossing the river, he documented the common mistakes people made, and tricks to do the task efficiently and effortlessly.
- Using the methodology he had written down he crossed the river and reported back to the manager along with documented procedure and training material.
- The manager said "Q" you have done an "**EXCELLENT JOB**".

The following day Employee "O" reported to the manager and asked him the job for the day. The manager assigned the same task again.

"O" studied the procedure written down by "Q" and sat and thought about the whole task.

He realized company is spending lot of money in getting this task completed. He decided not to cross the river, but sat and designed and implemented a bridge across

the river and went back to his manager and said, "You no longer need to assign this task to any one".

The manager smiled and said "Outstanding job 'O'. I am very proud of you." What is the difference between A, B, Q & O?????????

Many a times in life we get tasks to be done at home, at office, at play...., Most of us end up doing what is expected out of us. Do we feel happy? Most probably yes. We would be often disappointed when the recognition is not meeting our expectation.

Let us compare ourselves with "B". Helping some one else the problem often improves our own skills. There is an old proverb (I do not know the author) "learn to teach and teach to learn". From a company point of view "B" has demonstrated much better skills than "A" since one more task for the company is completed.

"Q" created knowledge base for the team. More often than not, we do the task assigned to us without checking history. Learning from other's mistake is the best way to improve efficiency. This knowledge creation for the team is of immense help. Re-usability reduces cost there by increases productivity of the team. "Q" demonstrated good "team-player" skills,

Now to the outstanding person, "O" made the task irrelevant; he created a Permanent Asset to the team.

If you notice B, Q and O all have demonstrated "team performance" over an above individual performance; also they have demonstrated a very invaluable characteristic known as "INITIATIVE".

Initiative pays off every where whether at work or at personal life. If you put initiative you will succeed. Initiative is a continual process and it never ends. This is because *this year's achievement is next year's task*. You cannot use the same success story every year.

The story provides an instance of performance, where as measurement needs to be spread across at least 6-12 months. Consequently performance should be consistent and evenly spread.

Out-of-Box thinkers are always premium and that is what everyone constantly looks out for. Initiative, Out-of-Box thinking and commitment are the stepping stone to success.

Initiative should be life-long. **Think of out of the box.**

Acidity: usefull facts

Acidity refers to a set of symptoms caused by an inequity. More names for acidity are hyperacidity or acid dyspepsia. Acid reflux or Acidity is one of the most normal diseases that cause heart burns in the upper body

Acidity can be a result of inappropriate dietary regimen or stress. It is a problem which when left unattended to, results in peptic ulcer and other complications. It is quite a simple problem when it begins, but it can get out of hand easily if not taken critically. It means the excess secretion of acid by the gastric glands of the stomach.

The usual signs of heartburn are a burning sensation or pain in the stomach after one to four hours of a meal. The too much secretion of hydrochloric acid in the stomach causes acidity. Acidity can be a result of improper dietary regimen or stress.

The too much secretion of hydrochloric acid in the stomach causes acidity. Some causes of acidity include Alcohol, caffeine, nicotine, chocolate, citrus, tomato, peppermint, fried and fatty foods, over-eating, stress, some medications, and being overweight. Acid Reflux Disease causes harms to the oesophagus as the acidic contents from the stomach, containing acids and pepsin, pushes back to the oesophagus since the sphincter develops into weak and can no-more prevent the contents from stomach from gushing back in oesophagus.

Skipping meals, not eating on time, fried and spicy food, stress, anxiety, insomnia, obesity, pregnancy, smoking, alcohol, and wearing tight clothes can give you hyperacidity and heartburn.

Acidity is a problem that occurs very commonly; so going in for allopathic medications every time doesn't seem to be a very good thought. Some herbal remedies are very effective in the treatment and prevention of acidity

Symptoms of Acidity

The main symptoms of acidity are:

- Dyspepsia and heartburn
- Discomfort, burning sensation in the upper part of the gut area, especially after eating.
- Regurgitation of the gastric contents
- loss of appetite
- nausea, vomiting
- feeling of sickness
- flatulence accompanied by burping
- constipation

Causes of Acidity

Acidity may be caused by many conditions such as:

- # Medical conditions, such as gastroesophageal reflux disease, stomach ulcers
- # Hyperthyroidism—excessive secretion of the thyroid gland.
- # Anxiety, anger and stress.
- # Constipation, flatulence or intestinal gases.
- # Artificial stimulants or the thought of nearing the food time can create acidity.
- # Excessive intake of stimulants like tea, coffee etc.
- # Excessive intake of fried foods, spicy or pungent food,
- # As a side-effect of some drugs used for treating other illnesses
- # Overeating along with bad food combinations. Overeating puts extra load on the stomach, liver, kidneys.
- # Eating too rapidly, therefore improper salivation of food.
- # Excessive smoking, intake of alcohol
- # Tendency to eat and drink together
- # Insomnia
- # Lack of exercise.
- # Long gaps between meals leads to acidity, as it gives the acid in the stomach more time to act.

Home Remedies for Acidity

- 1) Eat a cup of vanilla ice cream or drink a glass of cold milk to get rid of acidity. This is an easy Home Remedy for Acidity.
- 2) Raita prepared with fresh curd, grated cucumber, fresh coriander, tomato is a sure shot remedy in aiding digestion, and helps eliminate acidity.
- 3) Mint: Fresh mint juice taken every day or fresh mint leaves boiled in a cup of water and sipped slowly after meals also helps to keep the stomach acids at bay
- 4) Mint juice before meals keeps acidity at bay. This is another good Home Remedy for Acidity.
- 5) Chewing 5–6 basil leaves relieves flatulence and acidity.
- 6) Half a glass of fresh pineapple juice should be taken after a meal for treating and preventing acidity

- 7) A piece of jaggery or gur after lunch and dinner prevents acidity
- 8) A very simple remedy for acidity is thin butter-milk mixed with 1/4 teaspoon of black pepper powder
- 9) One of the common Home Remedies for Acidity - Onion (pyaz): The juice of onions is an excellent remedy for acidity.
- 10) Habitual eating habits and a healthy diet can prevent acidity
- 11) Drink plenty of water (at least 6 to 8 glasses per day) and other fluids to maintain the acid balance in the stomach
- 12) A sherbet made with kokum and jeera gives relief from acidity.
- 13) Lemon rind can also be eaten to prevent heartburn
- 14) A glass of cold milk provides instant relief. This is an effective Home Remedy for Acidity.
- 15) Eat almonds to give relief to symptoms of acidity
- 16) Chew a few holy basil (tulsi) leaves to get relief
- 17) Bananas, watermelon and cucumber have protective action against the acidity and heart burn
- 18) Lemon: Juice of one lemon mixed in half glass of water and 1/2 teaspoon sugar if consumed before meals helps to relieve acidity
- 19) When suffering from acidity, drink five to eight glass of coconut water a day. This is another effective Home Remedy for Acidity.

Gravity in action (Science Experiment)

You will need: A large paper cup and water - do this in the garden - NOT indoors.

What you do:

Using a pen, poke a hole in the side of the cup, about halfway up. Cover the hole with your thumb and fill the cup with water. Hold the cup up high and uncover the hole. You'll see that the water gushes out quickly. Now fill the cup up again, hold it up high with your finger covering the hole but this time let go of the cup.

What happens next:

When you let go of the cup you'll notice that the water stays inside until the cup reaches the ground. When you're holding the cup, gravity pulls down on both the cup and the water, but the only thing that can move is the water as you're holding the cup in place. Gravity pushes the water towards the bottom of the cup and the weight of the water forces it through the hole. However, when you drop the full cup from a height, gravity pulls equally on the cup and the water so they both fall at the same speed. As they fall together, there is no force pushing the water through the hole.

Ten rules for effective listening

Rule #1: Stop Talking!

You can't multi-task speaking and listening. If you're talking, you're not listening. This rule also applies to the talking inside your head. If you're thinking intently about what you want to say, you're not listening to what is being said.

Rule #2: Create a Space

Create a physical space. Focus on reacting and responding to the speaker. Create, too, a space in your mind for what the speaker has to say. Create a space between your thoughts. Think of listening as a form of meditation. Quieten your mind and focus your attention on listening.

Rule #3: Hold Your Judgments

How often we have passionately expressed a gut reaction only to turn around and regret what we said after hearing more of the facts? Allow for a thoughtful pause before reacting, a space in which to ask yourself, "Do I have the whole story?"

Rule #4: Don't Be a Label Reader

People are unique. We tend to create labels like Liberal, Dead Head, Wise Guy, and think we know what's inside. Suddenly, we believe we know everything about someone, but they are not really all alike.

Rule #5: Open Your Mind

While we may not consciously feel the need to be right, we tend to have certain ideas about reality and feel groundless when they're threatened. Groundless now and then isn't a bad thing. Without it we can't break new ground or find common ground; it's okay to be unsure.

Rule #6: Focus

When someone is speaking, focus. If you're paying attention, you'll likely be showing signs of focus – such as making eye contact – without thinking about it at all. Below are some of the ways we show we're listening.

Maintain eye contact. In the US, not making eye contact has the connotation of someone untrustworthy. But realize, too, that steady eye contact in some cultures is considered impolite or aggressive.

Give non-verbal clues. Nod, lean towards the speaker, take on the general demeanor of someone who is interested.

Encourage the speaker to go on. Especially over the phone, hearing no response feels like no one is listening.

Don't be a verbal trespasser. A verbal trespasser is one who interrupts or finishes the speaker's sentences.

Ask open questions. Open questions encourage the speaker. They elicit a more detailed response than closed questions. "What" and "Why" are usually helpful starts to open questions.

Summarize. Summarizing is often helpful, especially if you have had a misunderstanding, are unsure of expectations, or have just reached an agreement. Ensure that everyone is coming away with the same idea.

Rule #7: Visualize

Visualization is a technique that can enhance listening: a picture is worth a thousand words. One way to use visualization is to visualize what you are being told. Some people are more visual than others. If visualization is more a chore than a help, you may not be a visual person. But anything new takes some adjustment and might take a few tries before feeling natural.

Rule #8: Remember Names

The first step in remembering names is deciding that they are important to remember. Listen when you're told about someone prior to introductions. Repeat the names when you are introduced. Make associations to remember names.

Rule #9: Question

Going into a listening situation with questions in your mind will help you remember and, often, put information into the framework of your existing knowledge. Listen to body language and be quick to clarify assumptions if you are unsure or are getting a negative message. Observe. Listen. Ask.

Rule #10: Be Aware

We must be aware of the speaker, aware of verbal and non-verbal cues, and aware of our own listening strengths and challenges.

Bonus Rule: Know When To Break the Rules

If it's hard to start a conversation and something mindless that engages a connection can bring you together, go for it!

Read these Pictures

Write down whatever is coming in your mind after seeing this picture. Also discuss with your friends.

A photograph of a person's bare foot next to a prosthetic leg with a yellow foot. The text reads: "Spare parts for humans are not as original as those for cars. Don't Drink and Drive." The BMW logo is at the bottom right.

Spare parts
for humans
are not
as original as
those for cars.

Don't Drink and Drive.

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Make your classrooms Active!!

I will start with two small stories. Hope you will enjoy these stories. First story is "Lion-The Boss" and the Second one is "Rabbit- The worker".

Let's start with "Lion-The Boss"

It is a sunny day in the forest. A lion is sitting outside his cave, lying lazily in the sun.

Here come a Fox on a walk.

Fox: Will you please tell the time, because my watch is broken

Lion: Oh. I can very easily fix the watch for you, if you want.

Fox: Look my dear friend, watch has complicated mechanisms and has very tiny particles. I don't think you can fix it with your big claws.

Lion: Don't talk rubbish. Give the watch I will fix it for you. Want to try?

Fox: Are you kidding My dear Lion. You may be the king of the forest, but that does not mean you can do this kind of minute work involving intelligence and minute attention, No Jokes please!

Lion: I mean business. Give the watch, I will fix it.

The lion disappears into his cave, and after a while he comes back with the watch which is running perfectly alright.

Shocked ! the fox goes away.

The lion continues to lie down lazily in the sun

There comes the wolf.

Wolf: Can I come and watch TV in your house today night, because my TV is broken.

Lion: Broken TV! Bring the TV I will fix it.

Wolf: This is the Joke of the year lion. A lion fixing the TV? . There is no way a lion with big claws can fix a complicated TV!

Lion: Are you doubting me wolf!. Bring the TV You will see the result.

Lion goes inside the cave, returns with perfectly running TV.

The wolf goes away happily and amazed and wondering!

Inside the lion's cave, in one corner, half a dozen small but intelligent looking rabbits are busily doing the complicated work with latest instruments and technology.

In the other corner, there lies a lion looking very pleased

Now let me tell you the second story. What is the title? Yes!! Rabbit- The worker.

It is a fine sunny day in the forest and a rabbit is sitting outside his burrow, typing very seriously

A fox comes that side on a walk.

Fox: Rabbit what are you doing?

Rabbit: I am typing my thesis.

Fox? Thesis! What is it about?

Rabbit: It is about how rabbits eat foxes.

Fox: That is highly ridiculous! Any fool in the world would know that rabbits can't eat foxes!

Rabbit: Come with me I will show you.

Both disappear into the rabbit's burrow.

After some time, rabbit alone comes out eating a bone.

And starts typing the thesis.

Soon a wolf comes that side and sees the rabbit busily typing something.

Wolf: What are you doing rabbit?

Rabbit: can't you see, I am typing my thesis?

Wolf: What is it about?

Rabbit: I am doing a mini project on "how rabbits eat the wolves".

Wolf: Angrily, do you expect me to believe this story? Do You?

Rabbit: Sorry wolf! Do you want to see how?

Both of them go inside the burrow. Now again rabbit alone comes out eating and licking the blood in his mouth.

Then starts typing his thesis.

Now comes the Bear.

Bear: Oh. Little rabbit, what are you doing here?

Rabbit: You are disturbing me. I am doing a thesis on "how rabbits eat bears".

Bear: This is nonsense. Run away before I kill you!

Rabbit: Come into my house, and I will show you.

Both of them enter the house,

rabbit introduces the bear to the Huge lion.

Now come to the real business. I have told this story to link this with the current & most required pedagogy in our classrooms. Guess. Please Guess!!!

We, as a teacher would like to give everything we have in our mind to our students. Perhaps this is to show the volume of knowledge we have or a feeling that the teacher teach & the student learn. This is the transfer of learning.

Now under the Learner-Centred pedagogy, it is appreciated if the teacher arranges such an atmosphere where the learner is active & teacher is there to assist only as per requirement. No more spoon-feeding, no more active teaching or lectures. Let the learner create or construct his or her knowledge himself/ herself. This is called Constructivist approach. Here, the teacher is friend, Guide & facilitator.

In both the stories, you find the lion is taking rest & just creating a situation only. Rabbits are engaged in learning. They are learning by doing, learning from each other, self-learning, and situational learning and above all, have full respect & belief upon their teacher. Without having such belief, nobody can learn. So guru is great.

कक्षा में बच्चों को मानसिक रूप से सक्रिय रखेंगे तो आपको बेहतर परिणाम दिखाई देना शुरू हो सकता है। यदि आप अपने कक्षा प्रबंधन को इस प्रकार करते हैं कि सारे के सारे बच्चे बिना आपकी सहायता के अपने आप पढ़ने लगे या आपके व्दारा सुझाए गए कार्यों को करने लगे तो उससे बेहतर बात क्या होगी। आपको अपने बच्चों को जीवन के हर क्षेत्र में सफल बनाने के लिए Higher Order Thinking Skills को उनमें विकसित करना होगा।

Basic Yoga Session

Kapalabhati



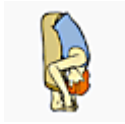
Kapalabhati is a Breathing Technique used specifically for cleansing. If you have a lot of mucus in the air passages or feel tension and blockages in the chest it is often helpful to breathe quickly. This article will introduce you to this breathing techniques and show you its its benefits.

Mountain Pose (Tadasana)



The Mountain Yoga Pose promotes the experience of stillness, strength, relaxed power, and immovable stability associated with mountains. This yoga posture, and coming back to this stillness after other poses, is one of the ways of becoming acquainted with stillness.

Hands to Feet (Pada Hastasana)



The Hands to Feet Pose or Pada Hastasana gives many of the same benefits as the Forward Bend - trimming the waist, restoring elasticity to the spine, and stretching the ligaments of the legs, especially the hamstrings. Learn how to do the Hands to Feet Pose in this section.

Warrior Pose



The Warrior Pose stretches and strengthens the arms and legs, increases stamina, improves balance and concentration, and can also relieve backaches. If you are suffering from diarrhea, high blood pressure or neck problems, you should take extra caution practicing this pose.

Stand Spread Leg Forward Fold



Practicing the Standing Spread Leg Forward Fold can strengthen and stretch your inner and back legs and your spine. People with lower back problems should avoid doing the full forward bend. For beginners, you may use props like a folding chair to support your forearms.

Triangle Pose (Trikonasana)



In Hindu art, the triangle is a potent symbol for the divine principle, and it is frequently found in the yantras and mandalas used for meditation. The Trikonasana or Triangle Pose concludes the Yoga Postures in our basic session.

Standing Side Stretch Pose



The Standing Side Stretch is another Yoga Pose with two lines of energy radiating outward from your center. This is a simple Yoga Posture with a wonderful stretch in which one line of energy reaches upward from your belly and outward through the arm, and one line travels downward through the legs.

Tree Pose (Tadasana)



The Tree Pose helps strengthen your thighs, calves, ankles and back. It can also increase the flexibility of your hips and groin. Your balance and concentration can also be improved with constant practice. This Yoga Pose is recommended for people who have sciatica and flat feet.

Lotus Yoga Pose (Padmasana)



The Lotus Yoga Pose is usually done in Meditation. It is a classic seated posture which strengthens your ankles and knees, enhances concentration, and improves flexibility of your legs. Know how to perform the Lotus Pose in this section.

Single Leg Raises



This Yoga Pose is performed in order to prepare the body for other exercises. It benefits the legs, lower back muscles, and abdominal area. In practicing the Single Leg Raise, one leg is raised while the other one stays on the floor.

Double Leg Raises



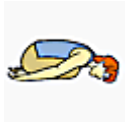
A Double Leg Raise is similar to a Single Leg Raise, only this time, you will raise both legs. In doing this Yoga Pose, make sure that the full length of your back is resting on the floor and your shoulders and neck are relaxed. This section covers the steps and guidelines on how to do this pose properly.

Cobra Pose (Bhujangasana)



This Yoga Pose improves spinal flexibility and strengthens the muscles in the arms and back. In addition, it is effective in relieving menstrual irregularities and constipation. Learn how to perform the Cobra Pose in this section.

Child Pose



The Child Pose is a gentle way of stretching your shoulders, hips, thighs, ankles, and back muscles. It is a relaxation posture which is done to normalize the circulation after performing the Headstand and to serve as counterpose after Backbends.

Leg Reclining Lunge (Single and Double)



The Leg Reclining Lunge is part of the series of Yoga Exercises which target the leg muscles. When done properly, this Yoga Pose can strengthen and tone all muscles in your legs. Learn how to perform the Single and Double Leg Reclining Lunge.

Seated Forward Bend (Paschimothanasana)



Relax your body and mind, stretch your hamstrings, shoulders, and spine, relieve stress, and improve your posture and concentration by practicing the Seated Forward Bend. Learn how to do this properly and achieve maximum results.

Sage Twist Yoga Pose (Marichiyasana)



Also called Marichi's Yoga Pose, the Sage Twist Pose benefits the abdominal organs and spine. Avoid doing this pose if you have chronic spine or back injury. Also, perform this only under the supervision of a Yoga instructor. Learn how to do the Sage Twist in this section.

Wind Relieving Pose (Pawanamuktasana)



The term Pawanamuktasana comes from the Sanskrit word 'pavana' which means air or wind and 'mukta' which means freedom or release. The Wind Relieving Pose works mainly on the digestive system. Specifically, it helps in eliminating excess gas in the stomach.

Yoga Exercise - Final Corpse



For you to appreciate the benefits of relaxation, you should first be familiar on how it is to be tense. This is what happens when you do the Final Corpse. Everything related to that position including suggestions on how to do it is discussed in further detail in this article.



Relaxation Pose

There are three parts to proper relaxation - physical, mental and spiritual relaxation. Relaxation Yoga Pose relaxes your body and mind, and makes you feel refreshed after doing the asanas and the pranayamas. This is why it is an essential part of Yoga practice.

Anuloma Viloma



Anuloma Viloma is also called the Alternate Nostril Breathing Technique. In this Breathing Technique, you inhale through one nostril, retain the breath, and exhale through the other nostril. Learn how to do this technique for beginners by following the steps found in this article.



Simple Meditation Technique

This Meditation process is good to induce relaxation response and promotes a peaceful and relaxed mind. Meditation has also been scientifically proven to have health benefits such as lowering blood pressure and aiding the asthmatics in their breathing.

Tongue Twisters

The aim of using tongue twisters is to say each sentence as quickly as possible, without making any mistakes! In English-speaking countries tongue twisters are often used by speech therapists to improve pronunciation. As you are a learner of English you will improve your own pronunciation with practice. You can do this standing in front of a mirror & with your partner as well. To get the full effect of a tongue twister you should try to repeat it several times, as quickly as possible, without stumbling or mispronouncing. Here are some examples:

- Five fat friars frying fish.
- Betty and Bob brought back blue balloons from the big bazaar.
- Toy boat. Toy boat. Toy boat.
- We surely shall see the sun shine soon.
- A good cook could cook as much cookies as a good cook who could cook cookies
- I saw a saw that could out saw any other saw I ever saw.
- Betty Botter bought some butter, but she said "this butter's bitter! But a bit of better butter will but make my butter better" So she bought some better butter, better than the bitter butter, and it made her butter better so 'twas better Betty Botter bought a bit of better butter!
- If you understand, say "understand".
If you don't understand, say "don't understand".
But if you understand and say "don't understand".
How do I understand that you understand? Understand!
- I thought, I thought of thinking of thanking you.
- RED BULB BLUE BULB RED BULB BLUE BULB

Computer Poem; When I Was Young



A COMPUTER WAS SOMETHING ON TV
FROM A SCIENCE FICTION SHOW OF NOTE
A WINDOW WAS SOMETHING YOU HATED TO CLEAN
AND RAM WAS THE COUSIN OF A GOAT.

MEG WAS THE NAME OF MY GIRLFRIEND
AND GIG WAS A JOB FOR THE NIGHTS
NOW THEY ALL MEAN DIFFERENT THINGS
AND THAT REALLY MEGA BYTES.

AN APPLICATION WAS FOR EMPLOYMENT
A PROGRAM WAS A TV SHOW
A CURSOR USED PROFANITY
A KEYBOARD WAS A PIANO.

MEMORY WAS SOMETHING THAT YOU LOST WITH AGE
A CD WAS A BANK ACCOUNT
AND IF YOU HAD A 3-INCH FLOPPY
YOU HOPED NOBODY FOUND OUT.

COMPRESS WAS SOMETHING YOU DID TO THE GARBAGE
NOT SOMETHING YOU DID TO A FILE
AND IF YOU UNZIPPED ANYTHING IN PUBLIC
YOU'D BE IN JAIL FOR A WHILE.

LOG ON WAS ADDING WOOD TO THE FIRE
HARD DRIVE WAS A LONG TRIP ON THE ROAD
A MOUSE PAD WAS WHERE A MOUSE LIVED
AND A BACKUP HAPPENED TO YOUR COMMODORE.

CUT YOU DID WITH A POCKET KNIFE
PASTE YOU DID WITH GLUE
A WEB WAS A SPIDER'S HOME
AND A VIRUS WAS THE FLU.