



**ASHA MODERN JUNIOR HIGH SCHOOL**

**A  
BETTER  
YOU**

**Part-A : Life Skills & Value Education**

**Part-B : Health & Physical Education**

**CLASS-I**

**(SESSION 2025-2026)**

**Part-A**

# **LIFE SKILLS**

**&**

# **VALUE**

# **EDUCATION**

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**EVERYONE IS UNIQUE**

A child is like a butterfly in the wind,  
Some can fly higher than others,  
But each one flies the best it can.  
Why compare one against the other!

Each one is different!

Each one is special!

Each one is beautiful!

Ravi was six years old. He was a very curious boy who liked to explore things and observe people around him. Today was his first day at school. He was excited to be among other children and make new friends. He was also looking forward to learn new things.



Ravi was shorter than the other kids in the class. So, the teacher made him sit in the front benches. Now he could clearly see the teacher and the blackboard. During the lunchbreak, Ravi eagerly opened his lunchbox. He saw his favourite cheese sandwiches. He shared his lunchbox with Sonia. Sonia was sitting beside him. Ravi was particular about cleanliness. He washed his hands thoroughly after finishing his snack.

Ravi interacted with his classmates. He noticed both boys and girls studying together. Though they all were of the same age and in the same class, their names were different. All looked different, spoke in different tones and styles and also liked different foods.

"When is your birthday, Ravi? Mine is on 20th August," Sonia said. "My birthday is on 16th October," Ravi replied. Ravi loved birthdays. Though all his classmates were of the same age, their birth dates were different.

Amit, a tall boy, who was sitting behind Ravi, asked, "Would you like to play football with us?" "I am a little short. Can I still play football?" Ravi asked hesitantly "Sure. Why not? As long as you practise and play well, you can play any sport," Amit replied.

Ravi was eager to be friends with his classmates and he was happy. Ravi's friend, Sonia, asked, "Can I play football?"

"Of course, you can. Girls make very good athletes too. I have seen it on the television," Amit said. Amit's answer made Sonia very happy.

Ravi and Sonia were very happy. Though there were kids who were different from them, they were all unique in their own way.

We must, therefore, love ourselves and also respect everyone around us. We must be kind with our words.



## THE HONEST WOODCUTTER



Once upon a time there lived two woodcutters, Raghu and Hira. They were neighbours and friends. Though Raghu was poor, he was an honest and hardworking man. Hira, on the other hand, was lazy and mean. Both earned their living by cutting woods in the nearby forest.

Once on a very hot summer day, Raghu took his axe and went to the forest in search of wood. He found a big oak tree near the riverside. Raghu started to chop the wood. As he was cutting, the axe slipped from his hand and fell into the river. The river was very deep, so Raghu couldn't get into the water to take his axe out. Oh no! What have I done? Without the axe what will I do? Oh God, please help me," Raghu felt sad and began crying.

Suddenly, a fairy appeared in front of him.

"Why are you crying, woodcutter?" she asked.

"I dropped my axe into the river," Raghu told the fairy about how his axe had fallen into the water.



"Don't worry; I will get you your axe," said the fairy and dove into the water, and after sometime she reappeared with a golden axe in her hands.

Raghu was surprised to see such a beautiful shining axe, but he refused to accept it. The fairy again disappeared into the water. This time she came with a silver axe and gave it to the woodcutter. Raghu again refused saying that his was not a silver axe. The fairy again dove into the water, and this time she came out with the woodcutter's iron axe.

"Yes, this is my axe," Raghu beamed with joy and happily accepted his axe and thanked the fairy.

"Raghu, I am very pleased with your honesty. Take all the three axes as a reward for telling the truth." The fairy rewarded the gold and silver axes too to the woodcutter.



Raghu couldn't believe his good luck and went back excitedly to share the news with his wife. On the way home, he met Hira and told him about the whole incident. Hira, who was lazy and wanted to become rich without working hard, went to the forest next morning with his iron axe. He came to the riverside and climbed the tree. Without even taking the effort to cut the wood, he dropped his axe on purpose in the river and soon started crying.



"Oh fairy, please help me get my axe back."

The fairy appeared and asked, "Why are you crying, woodcutter?"

"My axe fell into the river. Please help me," Hira replied with untrue tears in his eyes. The fairy understood greedy Hira's plan. She decided to teach him a lesson. The fairy went inside the river and took out Hira's iron axe first.

"Take your axe, Hira," the fairy told Hira. He looked surprised as he was expecting a golden axe, and so he said, "This is not my iron axe."

The fairy then took out the silver axe, but Hira refused to take that too because he wanted the golden axe. When the fairy got the golden axe, Hira jumped with joy.

"Yes, yes! The golden axe is mine," Hira lied, which made the fairy angry.

"Why are you lying to me? You should be punished for being dishonest." Saying this, the fairy disappeared with all the three axes, leaving Hira stunned.

"Oh fairy, please forgive me for lying. Please give me my iron axe back," Hira kept on pleading, but it all went unheard.

**BE A HYGIENE CHAMPION**

Hygiene means taking care of your body and keeping it neat and clean all the time. When we are neat and clean, germs cannot harm us and we do not fall sick or ill.

Germs are tiny creatures that we cannot see. They are present all around us. Dirt is their home.

Be careful! You must pay attention to your personal hygiene. Be a hygiene champion. Remember, when you touch your eyes, nose or mouth, the germs from your hands enter and spread into your body.

**Teeth smart!**

You must brush your teeth twice a day - in the morning before breakfast and at night after dinner. Rinse your mouth after eating candy or chocolates.

Maintaining good personal hygiene is very important to stay healthy and be strong.

A. How many teeth do you have? \_\_\_\_\_

**Nail Smart!**

Keep your nails clean. Ask your loved ones to pare your nails regularly. Germs love to live in dirty nails!

B. How many fingers do you have? \_\_\_\_\_

C. How many toes do you have? \_\_\_\_\_

D. How many nails do you have? \_\_\_\_\_



## Sneezing Smart!

Always cover your sneeze or cough. Use a handkerchief or tissue to cover your nose or mouth when you sneeze. If you do not have a handkerchief, sneeze or cough into your elbow. It is a good habit.





## Let's Wash Our Hands!

Proper hand wash is the best way to keep germs away and not to fall sick. Use soap thoroughly and do not, forget to clean between the fingers, under your nails and the front and the back of your palms. Rinse with water and wipe with a clean and dry towel.

Remember, soaps and sanitizers are germs busters.

You should always wash your hands with soap:

- After going to the toilet.
- Before eating or serving food.
- When I come back from playing.
- After petting or touching an animal.

We wash our hands regularly to fight diseases.

**STRANGER DANGER****WHO IS A STRANGER?**

The world is a beautiful place. Full of colour and full of fun. We meet wonderful people who are kind and brave. But we also need to be careful of the people we know nothing about. These people are called strangers.



In this unit, we are going to learn about strangers. We will learn what we should do if a stranger tries to come near us. We should also be careful of the people we know, but we do not trust them as much as our loved ones.

**Do you know who a stranger is?**

A stranger is someone who we know nothing about, who we do not know, or someone our parents have not told us about.

**So we must be careful.**

If a stranger tries to talk to us or asks something of us, we should not talk to him/her.

**This could happen at any time.**

Some strangers may be people we have met, or have been introduced to. These could be our neighbours, our distant relatives, etc. They may tell us that our parents have sent them to meet us or take us somewhere, but we should not go. Sometimes, a stranger can be a person we know, too. But we should always wait for our parents and not go with anyone else.

**ALWAYS WAIT TO HEAR FROM A TRUSTED ADULT  
BEFORE GOING ANYWHERE WITH ANYONE.**

## **THE STRANGER RULES**

Just like we follow traffic rules to be safe, we also have stranger rules to stay safe. A stranger is someone we do not know or do not trust. Let us learn the stranger safety rules so we can stay safe.



**NO (RED)** - When a stranger talks to us, we should say "**NO**". We should not talk to the stranger or go anywhere with him/her.

**YELL AND TELL (YELLOW)** - If a stranger tries to make us feel uncomfortable, we should quickly tell someone we trust. If nobody is around, we should yell loudly for help.



**GO (GREEN)-** If a stranger is making us feel unsafe, we should quickly run to a safe place. But remember, we should never go anywhere where it is dark or where we are alone.

# PLEDGE

I PLEDGE NOT TO TALK  
TO ANY STRANGER,  
I WILL ALWAYS BE  
CAREFUL AND FOLLOW  
THE SAFETY RULES.

**BE KIND TO ANIMALS**

Animals are also living beings like us. They can't speak like us but still can feel the love and emotions. Some animals like dog and horse are very faithful to human beings. We should be kind towards them. It is good to offer our leftover food to the street dogs because they guard our homes. Chapattis should be offered to homeless cows. In summer we should keep bowls of water for the birds. Injured animals like pigeons, cats and dogs should be taken to veterinary doctors by us.

**Be kind to animals**

Animals are God's beautiful creation. We should take care of them. They will also be good to us.

**Just Imagine**

You are going home. Suddenly you see a dog. You start running. You fell down and get hurt. A man sees you and picks you up. He takes you to the doctor. He is being kind to you. When we help someone we are being kind to them.

Do you take care of animals? Let's read a story to know why we should be kind to animals.

**Angela and the Little Puppy**

Tommy, the little puppy, had no home. He used to move on road here and there. Children used to throw stones at him. No one ever thought about the poor animal. In all the seasons, summer, winter and rainy, poor Tommy hid himself under the corners of old houses.

Sometimes he had nothing to eat. No meat, no bread, nothing. This made him grumble. He never had fun or play. When children came back from school, he ran away. He was afraid and lean now. Life was becoming bad for him. All the time he kept barking. No one took pity on him.

One day pretty Angela was going home. She saw Tommy crying in pain. She lifted Tommy and saw him hurt. Someone had hit him. He was bleeding. She brought him home. She asked her mother to wash his wound. She gave him some food and milk. She wrapped him in a blanket and took care of him.

No longer Tommy was scared. Tommy and Angela became good friends. Angela used to play with him. Now he always smiled and wagged his tail with joy.

***A little kindness can change things***

***What happiness and joy it brings***

***When someone is sad and blue***

***do something kind to help them through.***

We should be kind to all our friends, animals and birds and all creatures on the earth. Animals cannot speak, but they can feel like us. They too feel pain, when hurt. They also need love and care. They help us in many ways. So we should be kind to animals.

**‘Kindness is the language which even animals understand.’**

### **IN THE CLASSROOM**

Say some kind words. For example-

1. May I help you?
2. Are you not well?
3. Have something to eat.
4. Let us share our lunch.
5. Please pass me my notebook.



**SHARE TO SHOW YOU CARE**

Sharing is caring. So, share your things with people to show that you care for them.

Share at home,  
Share at school,  
Share at play,  
Share here, share there,  
Share, share, everywhere.

A. What you will do if you get these:

**Tasty Tiffin**

- Ignore your friends and keep eating.
- Share your tiffin with your friends.
- Take your tiffin and eat it alone.

**Story Books**

- Not give it to others to read.
- Lend it to your friends.
- Hide it in the drawer.

**Chocolates**

- Share with friends.
- Eat all by yourself.
- Hide them and eat later.

**Rules For Sharing**

1. Your friend is absent. Tell him what he has missed and help him to complete his work.
2. If you take something from any-one, use it carefully. Give it back in time without spoiling it.
3. Share your toys, games, story books, etc., with your friends.

4. Share swings and slides in the playground. Wait for your turn.
5. Share work at home. Help to keep the house clean. Put your toys, books, etc., back after using them.
6. Share the T.V. time. Give everyone a chance to watch their favourite programmes.
7. Share your feelings and ideas with your friends and family, Also, share time with the elderly.
8. Share your meals and the things you enjoy eating with your family and friends.



### **Share With The Needy**

What do you do with the toys and books you do not use and clothes that do not fit you any more?

Be “kind” and pass them on to the children who will use them.

You can give them to the children whose parents help you at your home.

There are children who do not have parents. They live in a special home called "orphanage". You can give your things to them.

Children lose their clothes and toys when there is a flood or an earthquake, etc. You can give your things to them and make them happy.

## HEALTHY EATING HABITS

We all enjoy spending time with our friends and family eating pizzas and burgers. But eating such food every day is a bad habit. We should follow good habits like eating vegetables, fruits and drinking milk.

### SAMMI IS GROWING UP

Meet Sammi, a 6-year-old girl. She loves reading books and watching TV.



Sammi is in grade 1 and she goes to school daily. She is a bright student.

She is also a good dancer. She enjoys racing as well. Her mother gives her milk two times a day. Sammi checks her height every week. She is getting taller. Sammi's legs and arms have become bigger than before. This is growth. Her hair has grown longer.

### Sammi is growing!

To grow stronger and taller, Sammi needs energy. We get energy from food.



## MY FRUITS

Let us read about some fruits.

### 1. Apple

An apple a day keeps the doctor away. Apples also help us keep our teeth strong and our tummy clean and germ-free.

### 2. Banana

Bananas help our brain to work fast and help us remember more information.

### 3. Papaya

Papaya is a refreshing and sweet fruit. It is an all-rounder fruit. It keeps our eyes, gut, kidneys and heart safe and healthy.

### 4. Pineapple

Pineapple is a sweet and tasty fruit. It helps us to keep our gut strong and healthy.

### 5. Grapes

Grapes are very healthy for our heart and eyes. They also help us learn faster.

## MY VEGGIES

Let us read about some vegetables.

### 1. Spinach

Spinach helps to keep our eyes healthy. It is green in colour. It helps us to fight against germs. It makes us strong.

### 2. Carrot

The carrot is a beautiful vegetable. It helps us in many ways. It helps us to keep our eyes healthy.

### 3. Broccoli

Broccoli looks like a small tree, and is very crunchy. It helps the growth of our bones and teeth.

### 4. Potato

Every house has potatoes. It is tasty and everyone loves it. It helps to keep our gut healthy and gives us energy.

### 5. Cauliflower

Cauliflower is a yummy vegetable. It is extremely helpful for the growth of our mind and body. It is also known to make us feel better when sick.

## *SAMMI'S TUMMY TROUBLES*

Sammi has fallen sick! Her tummy aches. She is crying in pain. Her doctor



tells her that the tummy ache is because of the junk food she ate.

"What is junk food?" asks Sammi.

"Junk food is unhealthy food. Did you eat pizzas, pasta or burgers, or drink coke? All those are junk food."

"I ate one pizza slice and two burgers yesterday. I also drank three glasses of cold drink," says Sammi.

"Junk food makes you feel lazy and makes you sick," tells the doctor.

Sammi asks, "Can I never eat a burger again?"

The doctor says, "You can eat a burger but only once in a while. If you eat a lot of junk food, you will get sick again"

**AVOID WASTING**

Things such as food, water and electricity are our daily basic needs. These things are limited in supply. We must not waste them; we should use them wisely. If we waste them, we will finish them quickly. For example, if you waste paper of your notebooks by tearing them or scribbling on them, there will be fewer blank pages left for classwork. In the same way, due to a lot of food, water and electricity wastage, many people have to live without proper meals, clean water and the continuous supply of electricity. We can avoid wastage by taking the following steps.

- Always switch off fans and lights when not in use.
- Use both sides of a piece paper to write on.
- Bathe using a bucket instead of taking a shower.
- Give leftover food to someone in need.
- If there is a leaking tap, get a plumber to fix it.

**Story Time****Importance of Water**



In a village called Dholakpur, there once lived a little boy called Sonu. He never wasted water. He always told the villagers to save it. But the villagers looked at him and said, 'Oh! Who cares for water? There is so much water in the oceans, seas, lakes and rivers.'

One day, Sonu and his friends met the village head. Sonu told the village head that the villagers wasted it and when he asked them to save water they ignored him. So, Sonu and his friends wanted to explain the importance of water to the villagers.

They said, 'Can we stop the village's water supply for a day? This will help the villagers understand the importance of water.' The village head agreed.

The next day, all the taps of the village went dry. The villagers thought of going to the river to get some water. But, the nearest river was about 10 kilometres away from Dholakpur.

They thought of bringing water from the nearby village. But, the people in the nearby village were not ready to help them. They knew that the villagers of Dholakpur always wasted water.

The villagers became very sad. They said, 'Had we not wasted water and used it properly, today we would have plenty of water for ourselves. We should have listened to Sonu.'

They went to the village head to ask for his help. The village head saw that the villagers had realised their mistake and had learned their lesson. He restarted the water supply. The villagers of Dholakpur never wasted water again and started saving it.

**Moral of the Story:** *Do not waste things. Use them wisely.*

## *Ways in which we can prevent the wastage of food:*



- Buying food items in the required quantities only.
- Avoiding unnecessary cooking.
- Keeping leftover food in the refrigerator.
- Trying to reuse leftover by making new recipes.

**Part-B**



# **HEALTH & PHYSICAL EDUCATION**

**COMPILED BY: PRADEEP TYAGI**



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**UNIT-4**      **YOGA**

**TERM-I**  
**HEALTH AND PHYSICAL EDUCATION**

**UNIT: 01**  
**SIMPLE PHYSICAL EXERCISES**

**Neck Exercises:**

**Starting Position:** Stand with suitable distance between the legs. Now keep your hands on the waist.

**Exercise 1: Bending Neck Up and Down**

**Steps:**

- First of all touch your chin to your chest slowly.
- Then slowly bring your neck upward.
- Then bring your neck backward.
- Again slowly bring your neck straight.
- Repeat this exercise five times.
- Take care not to jerk your neck.



**Exercise 2: Bending Neck Sideways**

**Starting Position:** Stand with suitable distance between the legs. Now keep your hands on your waist.

**Steps:**

- Keep your neck straight.
- Slowly bend it to the left.
- Then bring your neck straight.
- Now bend your neck to the right.
- Again bring your neck straight. Keep on bending your neck left and right for five times.
- This exercise will increase the flexibility of neck muscles.
- Take care not to jerk your neck.



## Arm Exercises:

### Exercise 1: Raising the Arms

#### Steps:



- Raise both the arms. Straight up the arms slowly. Your hands should touch your ears. The palms should be open and pointed up.
- Slowly bring your arms down in the parallel position.
- Bring your arms in the normal position.
- Avoid any jerky movement.
- This exercise will help to make muscles of arms strong.
- Repeat this exercise for five times.



### Exercise 2: Rotation of Arms

#### Starting Position:

Stand with suitable distance between your legs. Arms should be kept close to the body.

#### Steps:

- Both arms should be raised to the sides at the shoulder level. The palms should face the ground.
- Rotate both the arms first clockwise for five times and then anti-clockwise for five times.
- Avoid any jerky movement.
- This exercise makes the muscles of arms more flexible.



## Waist Exercises

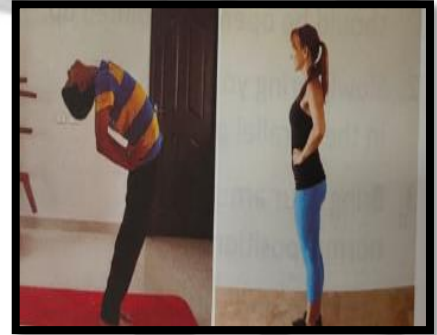
### Exercise 1: Forward and Backward Bending of Waist

#### Starting Position:

Stand straight. There should be proper distance between your legs. Keep both of your hands on your waist.

#### Steps:

- Bend forward. Your hands should be on your waist.
- Slowly return to the starting position.
- Now, bend backward.
- Again come to the starting position.
- Repeat this exercise five times.
- Avoid any jerky movement.



**This exercise improves the flexibility of back muscles as well as the waist muscles.**

### Exercise 2: Sideways Bending of the Waist

**Starting Position:** Stand straight with suitable distance between the legs.

#### Steps:

- Keep your hands on your waist and then slowly bend your waist to the right.
- Return to the standing position.
- Now slowly bend your waist to the left.
- Repeat this exercise five times.
- Avoid any jerky movement.



**This exercise makes the muscles of waist strong and flexible.**

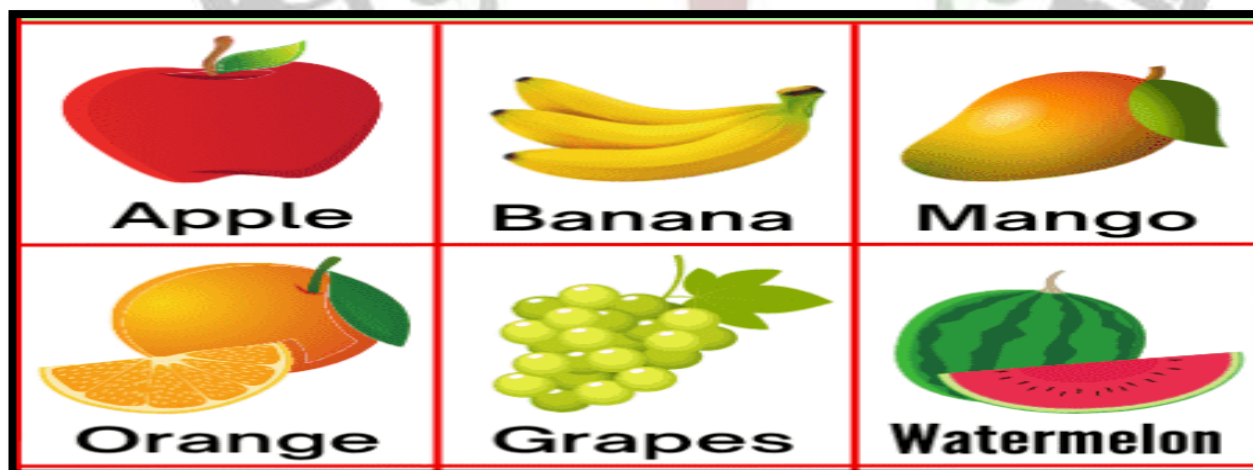
**UNIT: 02**  
**FOOD AND NUTRITION**  
**FRUITS**

**Some Important Points:**

- We eat food to live.
- Proper and healthy food is necessary for a healthy body.
- Poor eating habits have a bad effect on body and mind.
- Fruits and vegetables are source of many essential vitamins, proteins and carbohydrates.
- Junk foods are very harmful for our health.
- Proper and nutritious food is necessary for healthy body.
- We should eat homemade nutritious food like pulses, chapatti, rice, cooked vegetables, salad, etc.

**Fruits are sources of many essential vitamins, proteins and carbohydrates.**

**Some Important Fruits:**



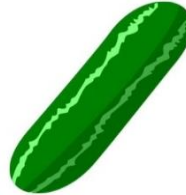
## VEGETABLES

Vegetables are sources of many essential Vitamins, Proteins and Carbohydrates.

**Some Important Vegetables:**



**Tomato**



**Cucumber**



**Carrot**



**Cabbage**



**TERM-II**  
**HEALTH AND PHYSICAL EDUCATION**

**UNIT: 03**  
**HEALTHY HABITS**

- We should keep our body clean.
- We should brush our teeth.
- We should wear clean clothes.
- We should wash our hands before and after eating food.
- We should brush our teeth at least twice a day.
- We should comb our hair. We should pare our nails regularly.
- We should take part in outdoor sports to keep ourselves strong and healthy.



## UNIT: 04

### YOGA

Yoga is derived from a Sanskrit word which means 'to unite'. It is union of body, mind and soul.

#### Concepts of Yoga:

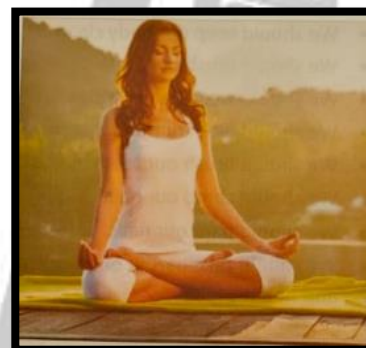
Yoga is the practice of asanas.

Asana and Pranayama are two techniques of Hatha yoga.

Hatha yoga begins with physical body.

#### Benefits of Yoga:

- Yoga makes a person immune to diseases.
- It improves concentration.
- It increases stamina and strength.



#### Different Asanas:

##### Padmasana

#### How to Perform:

- Sit with both legs crossed.
- Place the ankles on the opposite thighs.
- Keep your back straight. Your hands should be stretched out in front of both of your knees.
- You should not bend your wrists.



#### Benefits:

- It calms the brain.
- It increases concentration. It reduces muscular tension.

##### Dhanurasana

#### How to Perform:



- Lie flat on your tummy.
- Your arms should be alongside of your body.
- Your arms should be up.
- Bend your knees, and hold ankles with your hands and exhale.
- Then inhale and raise the thighs, head and chest as high as possible.
- Try to maintain the weight of the body on lower abdomen. Look upwards and breathe normally.
- While exhaling, bring down the head and legs up to knee joint. Maintain this position as long as you can.
- Then slowly come back to the original position.

#### **Benefits:**

- It strengthens the back and leg muscles.
- It helps to digest food.

#### **How to Perform:**

- Lie on your stomach.
- Rest your head on your arms. Look forward. Try to raise arms while keeping the body straight on your chest.
- Keep your hands on your sides. Your palms should rest on the ground.
- Raise your body by pushing your hands against the ground.
- Try to go up till you feel a stretch in your belly. Wait for a couple of seconds. Hold the position and come down gently.



#### **Benefits:**

- It increases flexibility and strength.
- It improves digestion.