



ASHA MODERN SCHOOL

A BETTER YOU

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-VIII

(SESSION 2026-2027)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

COMPILED BY: SHEFALI JAIN

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UNIT: 1 BEING RESPONSIBLE

“Responsibility is accepting that you are the cause and the solution of the matter.”

Responsibility is the ability to respond. Responsibility is important because it provides a sense of purpose in addition to build resilience amid adversity on an individual and social level. In today’s fast-paced and interconnected world, the concept of responsibility holds significant relevance. It extends beyond personal integrity to encompass various aspects of life including a sense of duty towards the larger community and society. Among all such responsibilities, the role of an individual in the transition to environmental sustainability is also important.

The Sustainable Development Goals (SDGs) aim to transform our world. They are a call to action to end poverty and inequality, protect the planet, and ensure that all people enjoy health, justice and prosperity. It is critical that no one is left behind.

The Sustainable Development Goals (SDGs) are a collection of 17 global objectives established by the United Nations in 2015 as part of the 2030 agenda for Sustainable Development. These goals aim to address a broad range of interconnected global challenges, including poverty eradication, environmental sustainability, social equity, and economic growth, under the guiding principle of "leaving no one behind." So being a responsible person we should try to achieve them, irrespective of our status to promote peace, prosperity and the health of the planet.

The United Nations' 17 Sustainable Development Goals:



Key goals include ending poverty (SDG 1), achieving gender equality (SDG 5), combating climate change (SDG 13), and fostering global partnerships (SDG 17). However, progress has been uneven and faces significant obstacles, such as rising inequality, climate change, biodiversity loss, and the impact of the COVID-19 pandemic. The SDGs emphasize the indivisibility of sustainable development's social, economic, and environmental dimensions, advocating for inclusive policies and practices at global, national, and local levels.

Goal 1: No Poverty



"End poverty in all its forms everywhere."

Achieving SDG 1 would end extreme poverty globally by 2030.

Goal 2: Zero Hunger



"To end hunger, achieve food security, improve nutrition, and promote sustainable agriculture."

Indicators for this goal are for example: the prevalence of diet, prevalence of severe food insecurity and prevalence of stunting among children under five years of age.

Goal 3: Good health and well-being



SDG 3 is to: "Ensure healthy lives and promote well-being for all at all ages". Important indicators here are life expectancy as well as child and maternal mortality. Further indicators are for example: deaths from road traffic injuries,

prevalence of current tobacco uses and suicide mortality rate.

Goal 4: Quality education



SDG 4 is to: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Goal 5: Gender equality:



SDG 5 is to: "Achieve gender equality and empower all women and girls". It aims to grant women and girls, equal rights and opportunities to live free of violence and discrimination, including in the workplace.

Goal 6: Clean water and sanitation



Ensure availability and sustainable management of water and sanitation for all."

Goal 7: Affordable and clean energy



This goal has five targets, which focus on improving energy efficiency, international cooperation and investment in clean energy infrastructure and equal rights to energy distribution.

Rest of the goals are:

Goal 8: Decent work and economic growth

Goal 9: Industry, Innovation, Technology and Infrastructure

Goal 10: Reduced inequalities

Goal 11: Sustainable cities and communities

Goal 12: Responsible consumption and production

Goal 13: Climate action

Goal 14: Life below water

Goal 15: Life on land

Goal 16: Peace, justice and strong institutions

Goal 17: Partnerships for the goals

How can we achieve SDG 17?

You can contribute through various projects to achieving the Goals by 2030. Support export and import, by buying products from developing countries. Pay attention to the Fair-Trade label on products which helps to indicate products from local producers in developing countries. Stay informed.

We need to develop a few skills to achieve these goals like knowledge, abilities, values, and attitudes to support a sustainable and resource-efficient society.

Reduce Your Environmental Footprint: Adopt sustainable habits in your daily life, such as reducing waste, conserving energy and water, choosing eco-friendly products, and using alternative modes of transportation.

As the world strives to build a more sustainable and equitable future, students have a vital role to play in driving progress and innovation.

Together, let us empower and support the next generation of leaders and changemakers as they work to create a brighter, more sustainable future for all.



UNIT: 2 NEVER GIVE UP

As someone has wisely said, one must continue and fight till the very end. Similarly, only those who continue to pursue success have a chance of succeeding in life. Some people fail only because they give up too easily. They stop moving just when they are close to winning because they are unable to see the outcome. Making mistakes is not a crime, but failing to learn from them is the biggest mistake one can make. Even if one has repeatedly failed, there is no harm in trying again. One can achieve success by having faith and confidence in oneself. It just goes to show what determination, dedication and desire are made of. Failures give us a chance to try again with more energy, passion and planning.



When you're not able to do things right and keep failing, your mind gets overwhelmed. You don't feel like going on. But you must convince yourself to not give up. That's how you fail, learn and get better with

time. A necessary first step to success is the willingness to try anything. You will finally achieve your goal if you keep trying new things and moving forward. Failure acts as a motivator to reach our goals and make our dreams come true.

The path of greatness is always filled with failure and challenges. Walt Disney experienced his fair share of failures, including bankruptcy, a mental breakdown, a devastating strike and losing possession of his creation, Oswald, the Lucky Rabbit even though he is most known for his many successes such as Mickey Mouse, Donald Duck and Disneyland.

Walt Disney himself was rejected more than 300 times before Mickey Mouse became a success, proving that success and new discoveries do not happen quickly. You can become more strong, flexible and creative by overcoming challenges and changing how you view success.

One benefit is that it, awakens you to the fact that anything like this can happen to anyone and once you've seen the worst, you're never quite as helpless again.

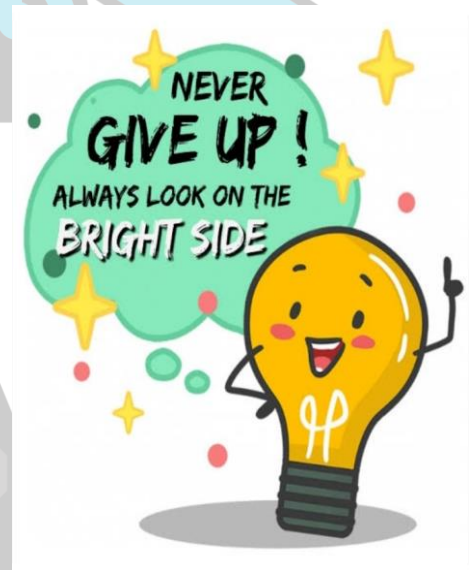


True fighting spirit is shown by one's ability to overcome difficult situations after failing down. According to writer Tal Ben-Shahar, "Failure is an inescapable part of life and a critically important part of any successful life."

Life is full of challenges. Sometimes we fail, feel tired, or think that success is impossible. At such times, the most important life skill we need is never giving up. This skill helps us stay strong, hopeful, and determined even when things go wrong.

How to Develop the Habit of Never Giving Up

- *Set small and realistic goals
- *Learn from mistakes instead of feeling ashamed
- *Stay motivated and positive
- *Ask for help when needed
- *Believe that hard work always pays off
- *Work hard consistently



Conclusion

"Never give up" is a powerful life skill that helps us overcome obstacles and become confident individuals. When we fall, we must stand up again and keep moving forward—because every effort brings us closer to success.

Success comes to those who keep trying. Giving up makes us lose our chance to grow, but perseverance helps us achieve our dreams. Failure teaches us to take chances. It should be viewed as a chance to grow and learn. So let us gather all the strength that we have and keep moving ahead. These failures are not the end. If we learn to never give up, then these setbacks will never affect us. Success is not achieved in a single day. Many successful people face failures before achieving their goals. Failure is not the end; it is a stepping stone to success. Every mistake teaches us something new and makes us

stronger. When we fall, we should rise again with more courage and confidence believing in ourselves is the first step towards success.



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UNIT: 3 NET ADDICTION-AND THE RESPONSIBLE USE OF NET



Technology has become such an integral part of our lives that our day begins and ends with it. We can no longer imagine our lives without our phone and staying connected through the Internet. Technology was designed to serve us, but quite ironically, it has become our master and has very silently and gradually made us its slave.

In times of COVID-19, when it became impossible to meet anyone other than the people you stay with, the Internet kept us connected through social media, webinars, online video calls and so on. This increased our dependency even more and made the Internet indispensable.

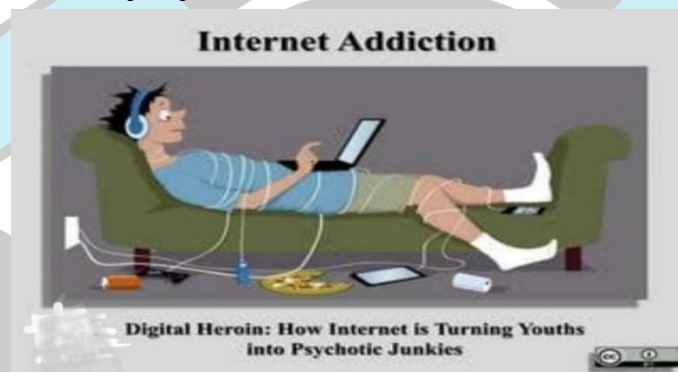
INTERNET ADDICTION:



Any kind of addiction can be understood as loss of control and inability to stop doing something even when you know it's harmful for you. An Internet addiction suggests that the person is so engaged with the use of the Internet that they ignore other important aspects of their life, such as

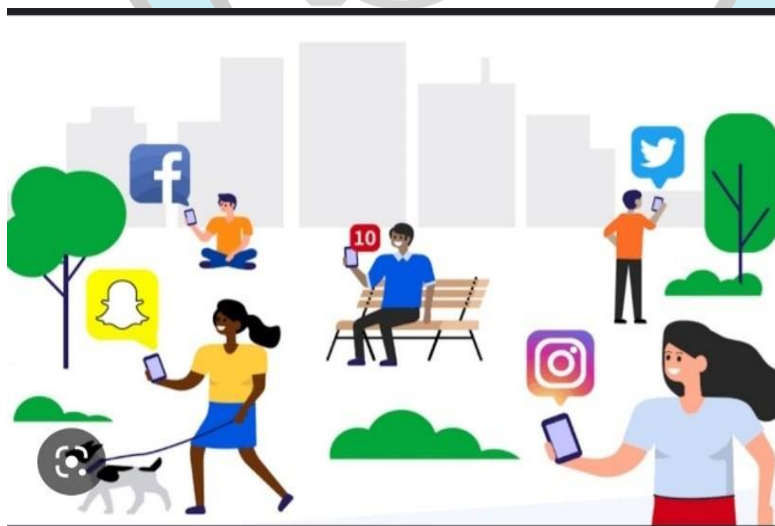
family, work, studies, friends, fitness and sleeping and eating schedule. From something that they are enjoying, spending time on the Internet becomes uncontrolled and even turns into a psychological disorder, which then requires proper therapy and professional help.

A person suffering from Internet addiction is likely to show some of the following signs and symptoms:



- Negative impact on performance at school
- Inadequate involvement with family or friends
- Loss of interest in hobbies and other interests
- Increased feelings of anxiety or depression, especially when away from phone/computer
- Excessive procrastination about stepping away from the device
- Increased irritability and anger
- Repeated lying about the extent of computer or Internet use

The following steps can be undertaken to cope with Internet addiction:



1. Set a specific time for net use. Using the phone randomly at all hours tends to distract you from your regular routine.
2. Turn off notifications from applications unless you need them for studies, as they act as constant reminders to go back on the Internet.
3. Put away the phone during meals, and limit yourself to one screen at a time.
4. Engage in physical play more than playing online.
5. Address underlying fears and insecurities that lead you to the safe, anonymous world of the Internet, away from the real world. In severe cases, seek counselling and therapy.

"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots."

- ALBERT EINSTEIN

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UNIT: 4 GENDER EQUALITY



GENDER: ITS SOCIAL MEANING

The word **gender** describes the socially-constructed roles and responsibilities that societies consider appropriate for men and women. Gender equality means that men and women have equal power and equal opportunities for financial independence, education, and personal development. Women's empowerment is a critical aspect of achieving gender equality. It includes increasing a woman's sense of self-worth, her decision-making power, her access to opportunities and resources, her power and control over her own life inside and outside the home, and her ability to effect change. Yet gender issues are not focused on women alone, but on the relationship between men and women.

GENDER: ITS BIOLOGICAL MEANING

Nature has made our bodies in such a manner that we will either be called a male or a female. But, sometimes, a child is born who does not fit into either of the biological categories. Such people are called intersex or trans genders.

However, gender is related to various roles and behaviours that the society expects from people. They are not made by nature. For example, 'men are physically stronger than women' is nature made

but 'women should do the household chores and men should be bread winners' is made by society.

EQUALITY: MEANING

In a society, everyone has the right to lead his/her life accordingly without any discrimination. When this state is achieved where all individuals are considered to be equal irrespective of their caste, gender, colour, profession, and status, we call it equality. Equality can also be defined as the situation where every individual has the same rights and equal opportunity to grow and prosper.

Methods to measure Gender Equality:

Gender equality can be measured and a country's growth can be traced by using the following methods.

- Gender Development Index (GDI) is a gender-based calculation done similar to the Human Development Index.
- Gender Empowerment Measure (GEM) is a detailed calculation method of the percentage of female members in decision making roles.
- Gender Equity Index (GEI) considers economic participation, education, and empowerment.
- Global Gender Gap Index assesses the level of gender inequality present on the basis of four criteria: economic participation and opportunity.

Roadblocks to Gender Equality:

Indian society is still wrecked by such stigmas that dictate that women are meant to manage the home and stay indoors. This is being done for ages, leading to neglect of women in areas like education, health, wealth, and socio-economic fields. This ill practice had led to numerous female feticides. It has created a notion that girls are a burden on a family, which is one of the primary reasons a girl child

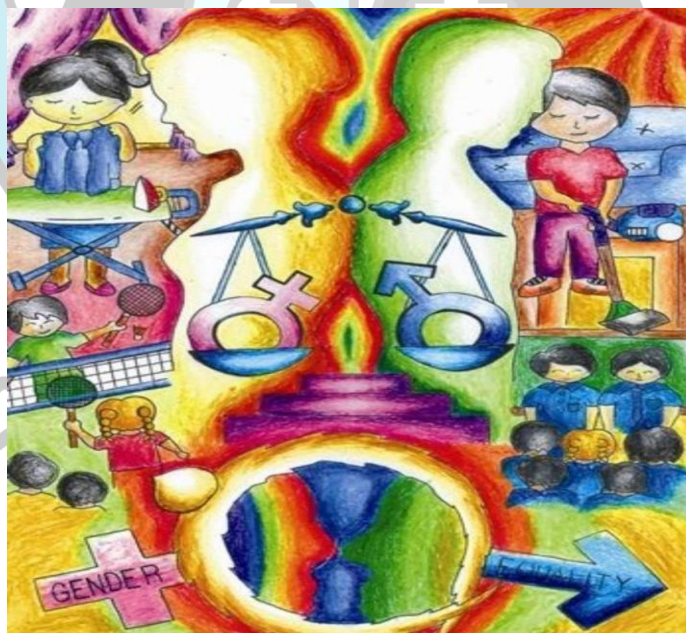
cannot continue her education. Even if they excel in education and become independent, most of them are forced to quit their job as their income is considered a backup source, which is not fair. New-age women are not only independent, but they are confident too. The only thing they demand from society is support, which we should provide them.

How Important Is It To Break Gender Stereotypes:

By removing gender-stereotypes from the children's learning and playing environment, all children are able to develop to their fullest potential. They no longer absorb potentially harmful stereotypes that could become the basis for gender-based violence later in life.

Ways to Prevent Stereotyping In Your Classroom:

- Have Honest Conversations About Stereotype Threat.
- Create an Inclusive Environment.
- Expose Students to a Range of Perspectives and Teaching Materials.
- Foster a Growth Mind set in the classroom.



UNIT: 5 COMMUNICATION: RELATIONSHIPS IN THE AGE OF SOCIAL MEDIA



Communication is becoming instant, precise and direct, especially due to the availability of easy-to-use technologies, such as instant messaging and social media platforms. Digital communication channels are gradually replacing traditional communication channels, such as face-to-face conversations, physical letters and fixed-line telephones. How we communicate with each other ultimately affects our relationships. Hence, while we may have innumerable 'friends' or 'followers' on social media, only a few may be close, trustworthy or dependable.

While using various digital modes to communicate regularly, we create our digital footprint online. A digital footprint is a record of information and content that we post or upload on the Internet, such as social media posts, photos and videos, contact information, web pages visited and passwords. It is stored on servers and can always be traced back to the source. We thus have an additional responsibility of safeguarding our privacy and ensuring the accuracy of what we publish.

Let us understand the features, risks and benefits of digital communication.



Advantages of digital communication:

1. Digital communication is instant and live.

- 24x7 connectivity
- Quick decision-making
-



2. Digital communication enables the use of multiple formats.

- Use of text, photo and video together to create engaging messages
- Personalised and customised messages

3. Digital communication keeps us connected despite physical distance.

- Global connectivity
- Quick access to information, informed decision-making

4. Digital communication is publicly broadcast.

- Quick dissemination of information
- Greater public debates and public support
- Expansion of friends network
- Helps in education



Disadvantages of digital communication:



- Casual approach to conversations
- Expectation of quick responses multiple formats.
- Safety issues due to private media shared in public
- Redundant circulation of message
- Low personal involvement in relationships
- Public display of personal thoughts and feelings

- Increased digital footprint

Communication is paramount to our social life and how we communicate can either nurture or break relationships.

When using digital communication, we must understand that the recipients are not in front of us watching or listening to us as we communicate. In the case of digital communication, non-verbal communication such as expressions, tone and gestures are not available to provide additional cues to the recipients. Hence, we should make an effort to express ourselves correctly and clearly, while maintaining the emotions.

Digital communication is useful when physical constraints such as time, distance or space pose a hindrance. Its ease-of-use helps build a 'global village' by facilitating access to information and connecting people. However, by getting too absorbed in the digital world, we sometimes lose out on face-to-face communication, thus taking away the personal touch necessary to nurture relationships. Warmth in relationships warrant interactions, which require people to physically meet and communicate. Depending on the need and the context of the situation, we should wisely choose between digital and traditional forms of communication.

Conclusion:

- Digital modes of communication are gradually replacing traditional modes of communication due to convenience and ease-of-use.
- Digital media has various advantages, that however may cause an unintentional loss of personal touch necessary while communicating with friends and family.



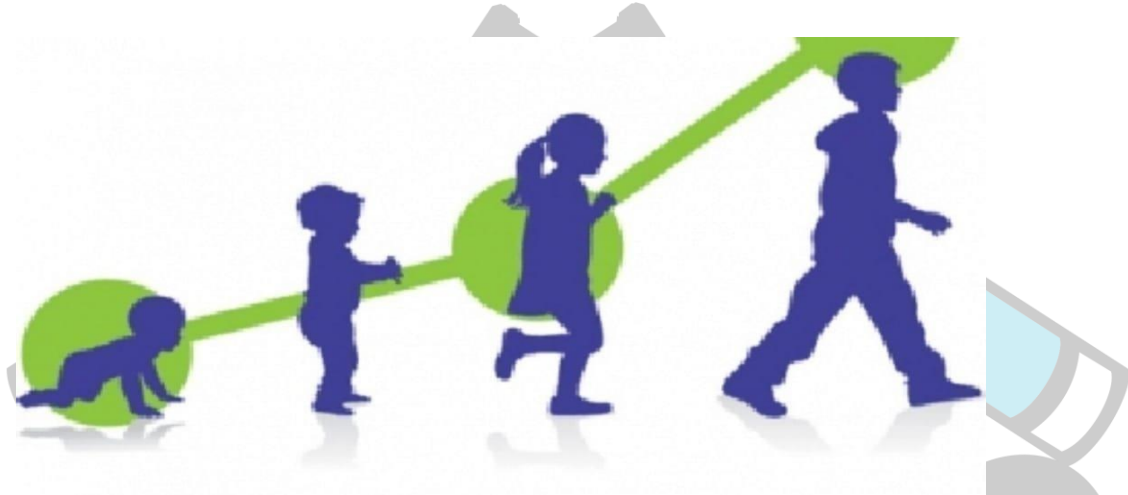
- A permanent digital footprint is a by-product of our extensive digital communication, which we must be cautious of.
- We must carefully choose our mode of communication, depending on what is being communicated and to whom. Investing time and effort in communication is important to nurture relationships.



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UNIT: 6 ADOLESCENCE



UNDERSTANDING ADOLESCENCE:

- Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth.

CHARACTERISTICS OF ADOLESCENCE:

- Biological growth and development
- Specific hormones are released
- voice changes
- Behavioural changes.

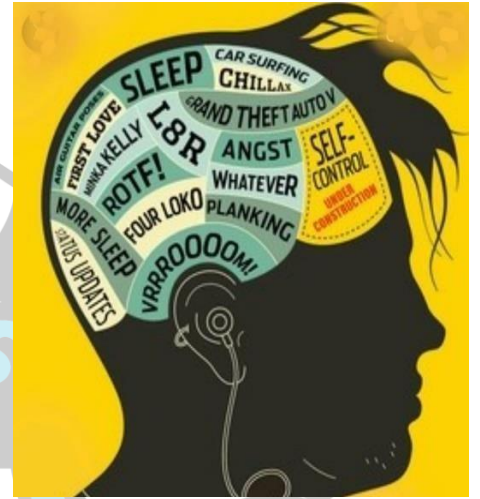


Psychological problems

- Health problems
- Increased pressure
- Complexion problems
- Undefined Status
- Unclear social expectations
- Some treated as children, some as adults
- Parents, friends, and teachers all pressure adolescents to behave in particular ways.
- Peer pressure is the strongest.
- Many teens feel pressure to be in a relationship or find a job.
- The Search for Self
- The ability to establish personal norms and priorities is important.
- Preparing for future roles is one aspect of finding oneself.
- Bullying: Bullying is an intentional behaviour that is meant to hurt and dominate another person. It includes verbal and physical abuse, as well as cyber bullying—using electronic means to torment, threaten, harass or humiliate. It leads to a decline in social standards of behaviour.
- Emotional changes and problems
- Educational challenges
- Mood swings are common among teenage boys and girls

How to Deal with Common Problems of Adolescence:

Adolescence is not an easy time for children or parents. The only way to deal with needs and problems at this age is to know about them and be ready to face them. Parent-adolescent conflicts that cause insecure and unstable feelings have a linear association with pubertal maturity. Understanding and dealing with these conflicts positively could help your child be more responsible and social.



Solution:

- There are media campaigns to stop bullying.
- The best way you can do to help your teenager get through the stage is to make them aware of these changes.
- Explain that it is normal for the body to change as every teenager goes through it! Help them adapt to these changes acknowledge the change and help them accept it.
- Enable them to stay healthy and fit through a nutritious diet and exercise.
- Assist them to take care of themselves.
- Tell your teenagers that it is okay to feel the way they are feeling.
- Encourage them to exercise as physical activity helps keep the serotonin (creates good feelings and happiness) levels up.
- Let them talk. Listen to them without judging and avoid giving them advice when they are not ready for it.

- Share your experiences of puberty or let them talk to an older sibling who has gone through the same. It will emphasize that it is okay to feel the way they do.
- Indulging in a creative activity can help them channelize their emotions.
- Remember that your adolescent child is not completely independent in dealing with their emotions and needs your support. Help them by telling them what you do when you feel sad, angry, jealous, etc. They can try those solutions to come out of their own emotional issues.
- Keep an eye on your child's behaviour. Look for erratic behaviour and change in their appetite, sleep patterns, and moods.
- Do not spy on them or accuse them of any wrongdoing. Encourage them to talk and be honest. Tell them what your concerns are and discuss the problem with them.
- You may have been a teenager yourself. But once you become a parent to a teen, you seem clueless. Think about it – your adolescent is at an age that you have already been through. Be empathetic and try to understand what your child is going through. That makes dealing with their problems easier.

CONCLUSION:

Adolescence is a phase when children go through several changes as they journey from childhood to maturity. It is also a vulnerable time for children since they may experience several problems of adolescence, such as unhealthy behaviours, which may lead to significant problems later in life. Concerns about adolescent behaviour are also common during this time, making it difficult for parents to connect with their children.

UNIT: 7 BULLYING

INTRODUCTION:

Bullying is not done for fun, is not a one-time thing, and is not a quarrel or a conflict. It happens when someone enjoys troubling, hurting and frightening another person, and tries to do it, repeatedly.

TYPES OF BULLYING:

- Physical building
- Verbal bullying
- Social building
- Cyber bullying



EFFECTS OF BULLYING:

Bullying can affect everyone those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying or something else is a concern.

- Depression and anxiety
- increased feelings of sadness and loneliness
- loss of interest in activities they used to enjoy
- changes in sleep and eating patterns
- Health complaints
- Decreased academic achievement



These issues may persist into adulthood. Bullying victims also tend to experience a wide range of emotions. They may feel

angry, bitter, vulnerable, helpless, frustrated, lonely, and isolated from their peers. Consequently, they may skip classes and resort to drugs and alcohol to numb their pain. And if bullying is on-going, they may develop depression and even contemplate suicide.

Steps to stop bullying:

For many students a positive academic environment is increasingly harder to obtain. This is mainly due to their lack of safety. Whether it be inside the classroom or out. So take these measures to stop bullying:

- Teach them to be alert and vigilant
- Bystanders can help stop bullying, more people have more power than one person. So the witness can put a stop to the bullying.
- Children are more likely to convince each other to stop bullying than adults are.
- If you step in, others are more likely to step in too. Almost everyone disapproves of bullying.
- Stay away from kids who pressure you to bully others.
- Another technique to stop is:

A teacher is coming even if it is not true this creates a distraction from the situation in which someone is being bullied. You can even say, "let's get out of here". (Inviting the bullied person to leave with you is a powerful way to show support, and it provides them an escape from the situation.) A false call can help, like "Gupta ma'am has been looking for you. She wants you to go to her immediately."

CONCLUSION:

One of the goals of every educator, parent, and student is to prevent bullying from happening. By using above mentioned skills we can prevent bullying wherever it occurs. For example, youth sports groups may train coaches to prevent bullying. The more we understand why and how people bully, the more we can each do to help stop and prevent bullying.

It's important for adults to teach and inspire children to intervene when they see bullying happening. Showing children how to intervene and reassuring their belief that bullying is morally wrong.

UNIT: 8 SAY NO TO SUBSTANCE ABUSE

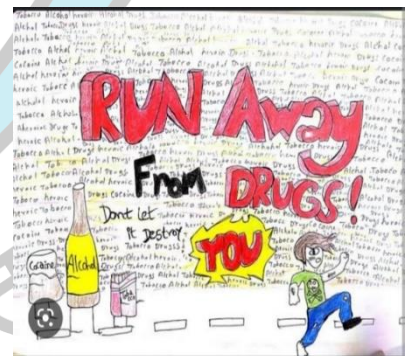
-A Doorway to Hell



All of us want to look cool, especially to our peers. For this reason, we often resort to shortcuts to popularity and get distracted or charmed by harmful things such as drugs and alcohol. You must have seen and heard stories of how people were tempted by their friends or seniors into substance abuse. However, always remember, there are no shortcuts in life. Substance abuse can actually open a doorway to hell.

A drug is a chemical substance which can change your body processes as well as psychology, when consumed. When we take these drugs to cure a medical condition, we call them medicines. But when we consume drugs for fun or experimentation, it is known as drug abuse. People consume drugs by inhaling, injecting, snorting into nose, taking it orally, etc. They consume drugs usually for one or more of the following reasons:

1. To give themselves a pleasurable experience
2. To help them feel better if they are having a bad time
3. Out of curiosity as their friends are using them
4. To experiment to see what it feels like
5. To be popular and look cool



However, as mentioned before, teenagers who do substance abuse have no understanding of the dangers of it. The biggest danger is that most of these

substances are highly addictive. If have taken them even once or twice, your body will keep craving for them more often and regularly. This craving, if not satisfied, leads to painful withdrawal symptoms which are not only physical, but emotional and behavioural as well. Some of them are nasal congestion, fatigue, irritability, muscle pain, nausea, restlessness, runny nose, sleeping difficulties, sweating, tremors and vomiting.

Substance abuse can have several negative impacts on our life as follows:

1. It can lead to problems with money, education and employment.
2. It can spoil our friendships and relationships.
3. It can increase the sense of low self-esteem.
4. It can have a bad effect on our body and mind.
5. It can push us into engaging in stealing to fund the drug habit.
6. It can cause death at high doses. Repeated use of some drugs can also cause psychosis (thought and emotions are so impaired that contact is lost with external reality) and paranoia (characterised by delusions, unnecessary jealousy or exaggerated self-importance).
7. It can lead to a distorted idea of reality, forgetfulness, distress, confusion, depression, etc.

There are many occasions in life where we need to choose the option which appeals less to us. So, even if you find yourself in a situation where someone is tempting you or forcing you to consume drug/alcohol, say 'no' firmly without hesitation.



If you wish to stay away from substance abuse, then you can do the following things:

1. Avoid places where you know drugs and alcohol will be available.
2. Surround yourself with friends who don't do substance abuse.
3. Engage in meaningful activities as a way of resisting temptation.
4. Learn how to cope with stress and relax without opting for external substances.
5. Develop hobbies or recreational activities like exercise or listening to music.

"First you take the drink, then the drink takes a drink, then the drink takes you"

-F. SCOTT FITZGERA



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