

Note: - Dear students, kindly go through the lessons. Complete the same in your books once you have them. These are basically the introductory chapters. Answers for Ls-6 is given after the chapter.

1
UPSTART


Your Introduction Please

Now you have reached in class V. So you have to introduce yourself to your classmates orally. Before that complete the following details about yourself.

1. My name _____
2. My nickname _____
3. My father's name _____
4. My mother's name _____
5. My father's profession _____
6. My mother's profession _____
7. My best qualities (mention any five)
(a) _____ (b) _____
(c) _____ (d) _____
(e) _____
8. My weaknesses (mention any three)
(a) _____ (b) _____
(c) _____
9. I like (write any eight things you like)

10. I do not like (write any six things you don't like)

Now share this information about you in the class and start with this line :
Hello friends! I am _____ (Your name).



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At the Dining Table

The following table manners are expected to be followed at the dining table.



Wash your hands properly before taking meals.



Take your seat properly, do not make a noise.



Put the napkin in your lap before eating anything.



Take proper crockery required for the food.



Say 'thank you' for the person serving the food.



Wait till the eldest person starts eating, after that you should start.



Take appropriate quantity of food initially.



Do not attend any telephonic call or do not attend mobile while eating.



Wash hands after the meal and brush your teeth.



Interesting Spot

Food containing all nutrients in proper quantity is called a Balanced Diet.

Factz Funda

Food should be properly chewed so that it is digested in the stomach.

Listening Skills

Hearing with a purpose is called Listening. When you hear something attentively, understanding the content of talk, it is called Listening. It is a skill which you attain through practice.

Follow the following rules to sharpen your listening skills.



Face the speaker while listening. Make an eye contact.



First listen to the entire message and then respond. Don't give advice to the speaker.



If you need a clarification from the speaker, wait for the pause, and then ask the speaker.



Do not interrupt the speaker while he/she is explaining. Wait, raise your hand and then ask.



Convey your feelings and involvement with the speaker. Always show positive behaviour.



When on telephone, try to visualize the person speaking and try to understand what actually he/she wants to convey.



While listening, remove all the distractions, like switching off the TV, putting down the book/magazine or simply stopping the work you are doing. Pay full attention to the speaker.

'Safety first' is called the golden rule as it is better to be safe than sorry. Follow the following safety rules.



- Handle the electrical appliances carefully.
- Do not run on staircases and in the corridors.
- Do not climb on chairs, desks, tables or a dining table.
- Do not stick out your head or hands from a moving bus or car.
- Do not play with sharp pointed knives, blades, etc.
- Always care for the others while playing in the ground.
- Wait for your turn at rides and swings.

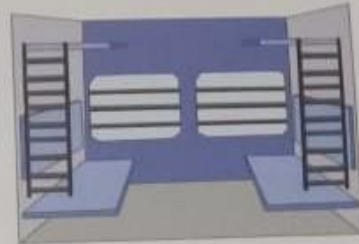


In case of an accident

- Do not panic. Call an adult or a doctor.
- Remember the police call number 100 and ambulance no. 102. This call can be made from telephone or any mobile.
- Provide first aid to the injured if you are trained or call someone for help.
- Do not let a crowd gather around the injured.
- In case of bleeding, wash the wound with clean water, apply an antiseptic lotion or cream and tie a clean bandage over the wound.
- In case of burn injury, apply ice or ice cooled water on burns.
- In case of insect bite, apply a paste of cold cream and baking soda.

At a Railway Station

Sometimes you have to travel from one place to another by train. While travelling by a train, you have to go to a railway station. Follow the following safety rules.



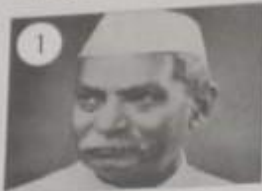
1. Purchase proper ticket from the booking window.
2. Check properly the date of journey, train number, coach number and destination on the ticket.
3. Do not purchase ticket from any unauthorized person.
4. Reach on the proper platform before the time of departure of train.
5. Do not carry large baggage. If you have to carry big baggage/luggage, book it for luggage van.
6. Do not leave your parents.
7. On the arrival of train on the platform, take your seat in the appropriate coach number.
8. Keep your voice low while talking to your parents. Do not disturb other passengers.
9. Do not listen to loud music on your mobile.
10. Speak politely with the co-passengers.
11. Do not accept any edible items from any unknown person.
12. Take care of your luggage.
13. Keep your place clean. Do not spit.
14. Do not move in the coach unnecessarily.
15. On reaching the destination, leave the coach with your belongings.

6

UPSTART

Presidents of India

Given below are the pictures of the Presidents of India. With the help of 'Help Box' write their names.



Help Box

Gyani Zail Singh
Fakhruddin Ali Ahmed
Dr. A.P.J. Abdul Kalam
R. Venkataraman
Dr Shankar Dayal Sharma
Neelam Sanjeev Reddy

Ram Nath Kovind
Pratibha Patil
V. V. Giri
Dr Rajendra Prasad
Pranab Mukherjee
Dr S. Radhakrishnan
Dr Zakir Hussain
K.R. Narayanan

Interesting Spot

Dr Rajendra Prasad has the longest tenure (12 years 108 days) as the President.

Factz Funda

Mohd. Hidaytullah and B.D. Jatti served as interim President of India.

Presidents of India (Answer Key)

Lesson - 06

Answers: -

1. Dr Rajendra Prasad
2. Dr S Radhakrishnan
3. Dr Zakir Hussain
4. V V Giri
5. Fakhruddin Ali Ahmed
6. Neelam Sanjiva Reddy
7. Gyani Zail Singh
8. R Venkataraman
9. Dr Shankar Dayal Sharma
10. K R Narayanan
11. Dr A P J Abdul Kalam
12. Pratibha Patil
13. Pranab Mukherjee
14. Ram Nath Kovind