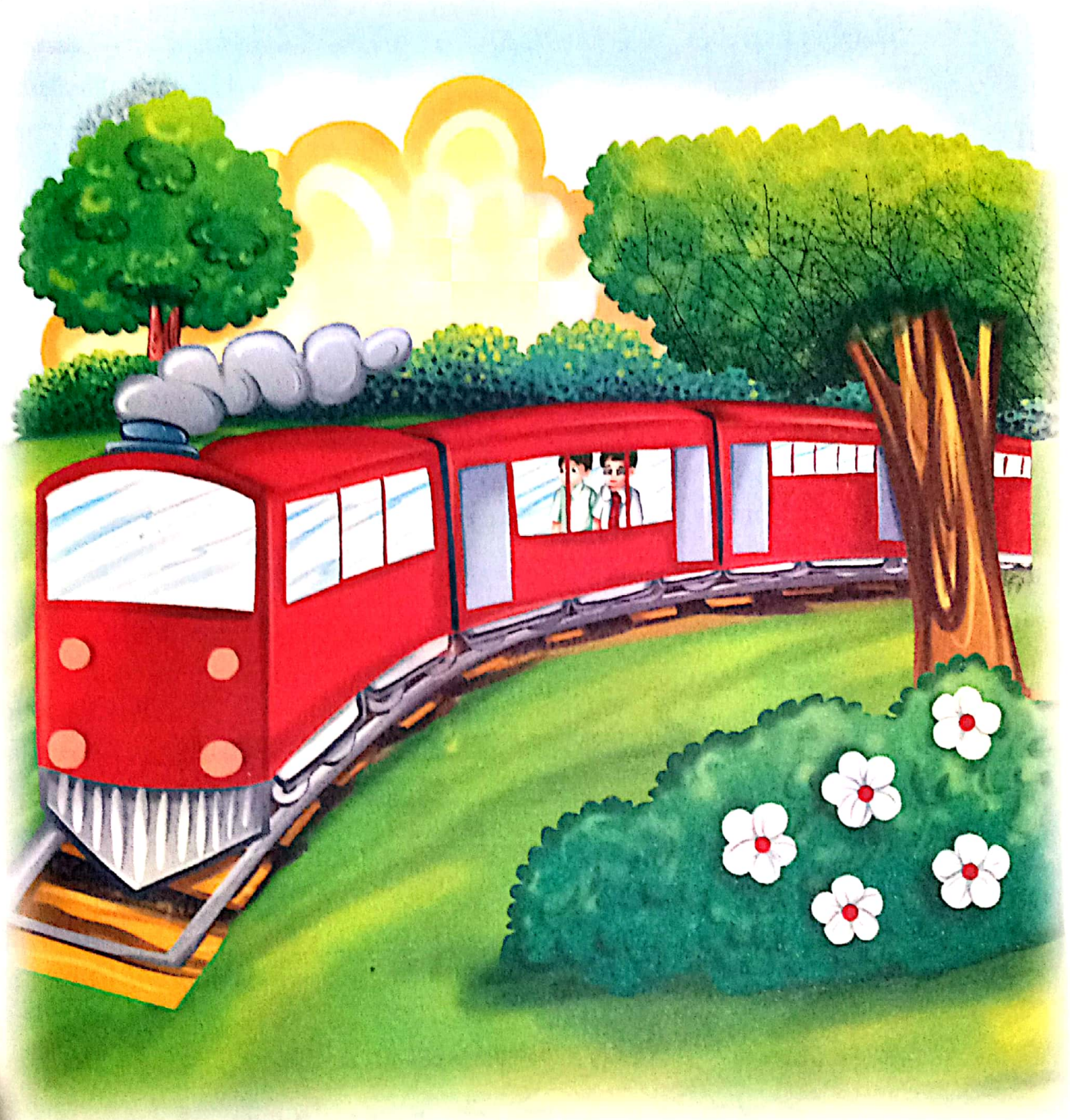


Journey BY TRAIN

Train is a cheap and comfortable mode of journey. In a short period of time, many people of a compartment become friends. When we sleep, we were in Delhi and when we get up we are in Varanasi.



It's easy to check train's times and fares for any journey in India at www.indianrail.gov.in, one of the official Indian Railways website.

A. Write the arrival time of following trains in 12 hour format using A.M. or P.M. One has been done for you.

Name of the train	Time	Time in A.M. and P.M.
1. Rajdhani Express	17:25	5:25 P.M.
2. Frontier Mail	06:45	
3. Pink City Express	23:10	
4. Poorva Express	15:56	
5. Shatabdi Express	20:30	
6. Palace on Wheels	14:25	

B. Given here is the image of a train reservation ticket. Observe it carefully and answer the following questions.

- The departure time of the train is _____.
- The pnr number is _____.
- The train number is _____.
- The coach is _____.
- The berth number of the ticket holder is _____.
- The age of ticket holder is _____.
- The gender of ticket holder is _____.
- The ticket holder is boarding the train from _____.

पैसे का नं. PNR NO.		गाडी नं. TRAIN NO.	दिनांक DATE	कि.मी. KM	वयस्क ADULT	बच्चे CHILD	टिकट नं. TICKET NO.
253-5687624		2916	28-07-2016	157	1	0	02495012
कैलास CLASS	RESERVATION SLIP (INVALID WITHOUT ORIGINAL TICKET)						PRS-615
उत्पत्ति 3A	दिल्ली DELHI	उत्तर ALWAR	आश्रम एक्सप्रेस		615		
कोच COACH	सीट/बर्थ SEAT/BERTH	लिंग SEX	वयस्क AGE	पैसे का नं. PNR NO.	दिनांक DATE	व.सं. W/P	व.सं. W/P
2	8	M	22	253-5687624	28-07-2016	ADULT	ADULT
RES. UP TO							RS.ZERO ONLY

SPECIMEN
Sample Indian Railway Ticket

(NEW TIME TABLE FROM 01-07-2016) ASHRAM EXPRESS BOARDING DLI 28-07-2016
615 24-05-2016 13:39 PKU 1 VIA DEC

OUR AADHAAR

Today, in every government related job Aadhaar number is required. In banks, railways, school admission, and for many more agencies Aadhaar is must. Do you know what is Aadhaar? Let us introduce you.

Aadhaar is a 12 digit individual identification number issued by the Unique Identification Authority of India on behalf of the Government of India.

This number serves as a proof of identity and address, anywhere in India. Aadhaar letter is received via Indian Post and e-Aadhaar downloaded from UIDAI website are equally valid.

Earlier, we have to prove our identity by many documents like Voter ID card, Ration card, Pan card and many more. Now, this identity number is valid in most of the areas.

Each individual needs to enroll only once which is free of cost.

Each Aadhaar number will be unique to an individual and will remain valid for life time. Aadhaar number will help you provide access to services like banking, mobile phone connections and other Govt. and Non-Govt. services in due course.

I have my
aadhaar card.
Do you have it?

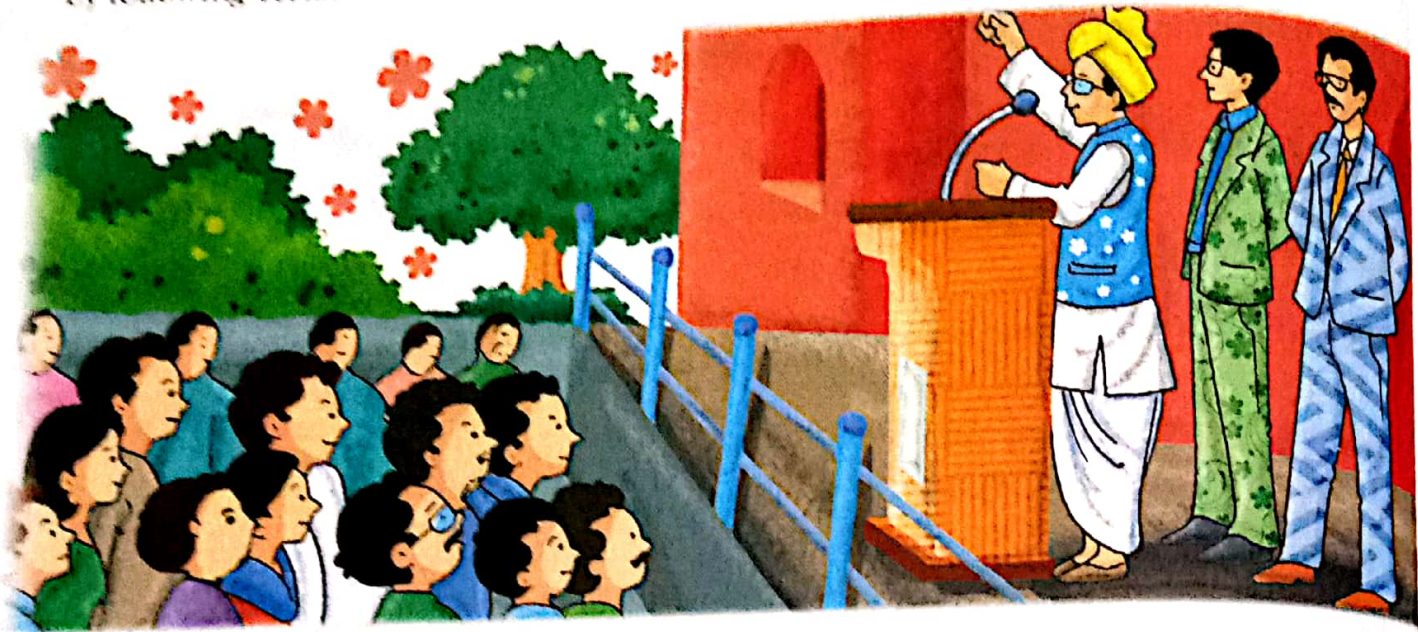


Write the following details mentioned in your father's aadhaar card.

Name : _____
Father's Name : _____
Year of Birth : _____
Present Address : _____
Aadhaar Number : _____

STAGE Show

Most of us speak fearlessly among our friends and family members. But when we go on a stage, we become nervous. The fear of public speaking or performance is often called as stage fright. Even the most confident performers can suffer from stage fright. Stage fright is common for everyone from Broadway actors to professional presenters. If you have to speak on stage, you may start feeling nervous, shaky, or even completely debilitated at the thought of performing in front of audience. But don't worry – you can overcome your stage fright by following certain rules.



HOW CAN YOU DO THIS?

Three horizontal dashed lines for writing notes.

1. RELAX YOUR BODY

To overcome stage fright, you can do few things to relax your body before going on the stage. Easing the tension from your body can help steady your voice and relax your mind. If you mess up on stage, don't panic! Make it seem like the act.

2. MEDITATE

On the morning before your performance, or even an hour before, take 15-20 minutes out of your day to meditate. Find a relatively quiet place where you can take a comfortable seat on the ground.



HOW CAN YOU DO THIS?

Three horizontal dashed lines for writing notes.



HOW CAN YOU DO THIS?

Three horizontal dashed lines for writing notes.

3. GET SOME EXERCISE

Exercise releases tension and gets your endorphins going. This will get your body geared for an amazing performance.



HOW CAN YOU DO THIS?

Three horizontal dashed lines for writing notes.

4. PRACTICE AS MUCH AS POSSIBLE

Do this until you memorise it. Rehearse your lines. Practice in front of family, friends, so that you are performing in front of people.



HOW CAN YOU DO THIS?

Three horizontal dashed lines for writing notes.

5. GET THERE EARLY

You will feel much more in control if the room is filling up after you arrive instead of showing up to a full house. Showing up early will also ease your nerves and will make you feel less rushed and more at peace.

6. AT THE STAGE

Forget who is sitting in audience. Keep concentrate on your performance. Staying physically active before and during the performance will help ease your tension and keep the audience's interest.



HOW CAN YOU DO THIS?

Three horizontal dashed lines for writing notes.

HELP BOX

- (a) Show up to your presentation earlier than anyone in the audience.
- (b) Make time for at least thirty minutes of exercise on the day of performance, or at least take a thirty-minute walk.
- (c) Stretching your arms, legs, back and shoulders is another great way to reduce the tension in your body.
- (d) Close your eyes and focus on your breathing as you relax every part of your body.
- (e) Make the most of your movements and gestures so that your body becomes more relaxed by being active.
- (f) The best way to prepare against forgetting your lines is to be as familiar with them as possible.

ARE YOU ANGRY?



Dev is a short tempered boy. He becomes angry in a moment. The result is that no one wants to play with him. During sports period, all the boys play with each other but he sits in a corner. If you also becomes angry, then you can also face such type of situation. To avoid such situation follow these tips.

Be friendly because no one likes an angry child. When you get angry, do you do these things?

- Say rude things to people whom you love.
- Scream on your brothers, sisters and friends.
- Throw things or destroy them.
- Start beating or kicking others.

All this makes you more unhappy. When you are angry, it is better to try these things :

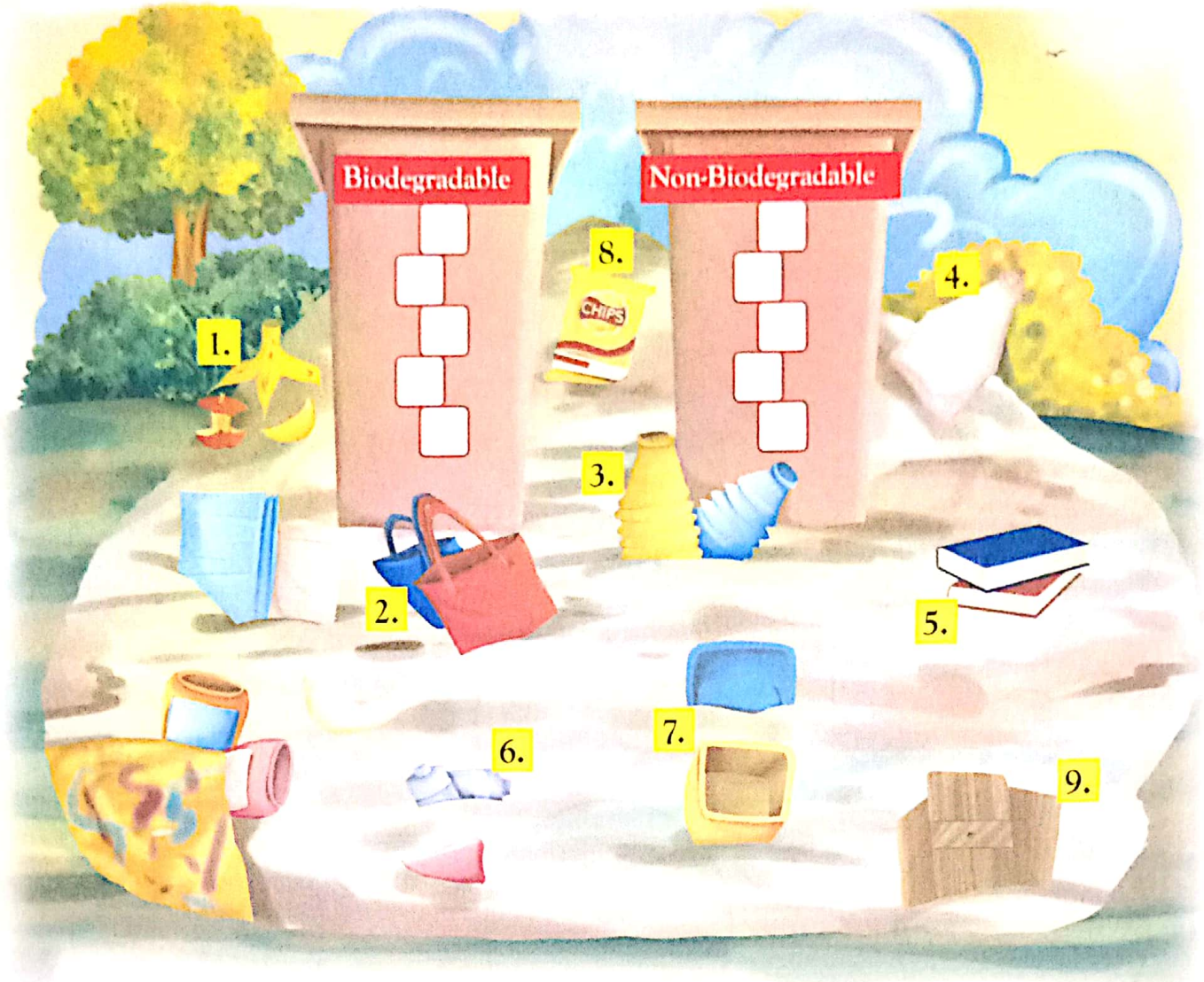
- Shut your eyes and count slowly from one to ten before saying something.
- Keep quiet and left the place immediately.
- Wait for a while and then calmly tell the person why you are angry.
- Distract yourself by doing something, like listening to music, playing an indoor game, reading a book or even going to the balcony and watching people passing by.

Be alert, getting angry very often can create a number of problems for you.

- It draws a negative effect on your health.
- It will become your habit that you will find difficult to get rid of.
- It will make difficult for you to run a successful business or do well in your job.
- And the last and most important is that no one will like you.

Ch-5

WASTE MANAGEMENT



Waste management is a serious issue of present time. A lot of waste is generated in our surrounding. If these wastes are not managed properly, it may create a lot of problems for us.

Biodegradable Wastes

Biodegradable wastes are those wastes which can be broken down into their base compounds in a reasonable period of time. This process is done by micro-organisms and other living things, regardless of what those compounds may be.

Non-biodegradable Wastes

Non-biodegradable wastes are those wastes that cannot be broken down into their base compounds by micro-organisms, air, moisture or soil in a reasonable period of time.

Look at different types of wastes shown in the above picture and classify them into biodegradable and non-biodegradable wastes.

LIFE

Quiz

Do you do the following things? Read them and tick (✓) the right statements and cross (X) the wrong ones.

1.

Abuse your friends and others.

2.

Take bath daily.

3.

Keep eatables covered.

4.

Eat too much junk food.

5.

Wash your hands before and after every meal.

6.

Cover your mouth with handkerchief while coughing.

7.

Drink water from other's glass.

8.

Eat fruits after washing them with clean water.

9.

Drink coloured water being sold on the roadside.

10.

Throwing litter here and there.

ACTIVITY

Brain Workout

Four little girls (one of whom name is Avani), live in Meerut. When it rains, each little girl takes a different coloured umbrella to school (one of the umbrella is green). From the clues given below determine which girl has which coloured umbrella.

CLUES

- Aarna's umbrella is not green or yellow.
- Divya's umbrella is either green or purple.
- Avani selected either a yellow or orange umbrella.
- Nidhi's umbrella colour is purple.

	Yellow	Purple	Green	Orange
Avani				
Nidhi				
Divya				
Aarna				



REASONING SHEET

In Railway Road Colony, there lived five people with five different jobs. Their names are Ajay, Vijay, Rajesh, Suresh and Anand. Carefully read the information and complete the table given below:

Name	Age	Kids	Job	Income (in lakhs per year)
Ajay			Lawyer	
Vijay	60			
Rajesh	40	3	Teacher	
Suresh				
Anand				3

Information :

- Their jobs are teacher, businessman, doctor, writer and lawyer.
- Their annual incomes are ₹ 3 lakhs, ₹ 4 lakhs, ₹ 5 lakhs, ₹ 10 lakhs and ₹ 20 lakhs.
- Their ages are 25 years, 35 years, 40 years, 50 years and 60 years.
- They all have between 0-3 kids.
- Ajay earns half as much money as Vijay.
- The businessman earns the most.
- Suresh has as many children as Ajay.
- The oldest earns the second highest salary.
- Ajay is twice as old as Anand.
- The doctor has no kids.
- Suresh is younger than Rajesh.
- Ajay has twice as many kids as Vijay.
- The person who has one kid is a writer.

NATURAL DOCTORS

Plants are also known as 'Natural Doctors'. A large number of medicines which are used to treat almost all kinds of ailments are obtained from plants. Many traditional medicine systems (like Ayurveda of India) are almost completely based on the medicines derived from plants.

Given below are descriptions of some common medicinal plants of India. Fill in the blanks taking help from the help box.

1. The husk of _____ is used for relieving constipation.
2. The leaves of the _____ tree are used for preparing biopesticides, soaps and herbal cosmetic products.
3. The bark of the _____ tree is used in treating heart problems.
4. The bark of the _____ tree is used to produce 'quinine', a medicine to treat malaria fever.
5. _____ commonly used in our kitchen has anti-bacterial and pain relieving properties.
6. A herb called _____ is used in the preparation of several medicines for mental disorders.
7. The bark of the _____ tree is used for preparing medicine for the dengue fever.
8. The plant of _____ is rich in iron and is recommended for the people suffering from anaemia.

**HELP
BOX**

Spinach Cinchona Turmeric Neem
Eucalyptus Arjuna Isabgol Sarpagandha

