

2.1 My Values and Ethics

In this lesson you will learn :

1. What are values & ethics
2. How ethics and values impact our behavior
3. Identify my personal values

There are six basic values of our country.
Checkbox ✓ the one you know.

- | | |
|---|---|
| <input type="checkbox"/> Right to equality | <input type="checkbox"/> Right to freedom of religion |
| <input type="checkbox"/> Right to freedom | <input type="checkbox"/> Cultural and educational rights |
| <input type="checkbox"/> Right against exploitation | <input type="checkbox"/> Right to constitutional remedies |

**Thinking
Box**

Let's learn about ethics and values

Ethics means to decide what is right and wrong for a human conduct. Ethics is necessary to have a good society, where everyone feels safe and respected. Ethics is usually the same for the whole of society.

Example 1: Someone has mistakenly left their mobile phone on the bus. You immediately run to them to return it. This shows that you have ethics of honesty. Hence, you did the 'right' thing.

Example 2: You see a man beating another person. You get angry and stop the man from beating. You scold the beater for being violent. Then the beater tells you that the other person is a robber. Now, did you do the right thing or not?

Sometimes it's not easy to know what is the 'right' thing to do. In such situations you can refer to the above six basic values of our country.

Values are the beliefs that guide or motivate our attitudes or actions. They show how a person thinks, feels and behaves at home, at work and in society. It decides the 'character' of a person. It is more personal than ethics.

For example, your value is to be punctual. You are always on time. But, there are times when you cannot be on time. Then, you feel bad for not living according to your values.

Every individual has their own values that are taught to them by their family, culture, religion etc. The values we have determine our behavior. If our value is to respect people - in our actions we will actually show respect to everyone irrespective of their gender, religion, caste, wealth, nationality etc.





Situation: A man and a woman are holding hands and walking down a street. A group of men started bullying them saying, "This is against our culture and we will not tolerate such activities in our society."

Discuss in a group, what is the right thing to do?

Let's learn about how ethics and values impact our behavior

Our ethics and values form the pillars of our character. These are the six main pillars of character. The pillars of character support us just like pillars support our building and make it strong. This helps us make right decisions.

 Trustworthiness	<ol style="list-style-type: none"> 1. Be honest 2. Be reliable 3. Be loyal.
 Responsibility	<ol style="list-style-type: none"> 1. Be accountable. 2. Keep trying. 3. Always do your best. 4. Think before you act. 5. Use self control and be self disciplined.
 Caring	<ol style="list-style-type: none"> 1. Be kind and compassionate. 2. Show empathy. 3. Help others in need.
 Citizenship	<ol style="list-style-type: none"> 1. Respect public property. 2. Protect the environment. 3. Vote and abide by the law. 4. Act for the welfare of your society, country and the world.
 Fairness	<ol style="list-style-type: none"> 1. Be non-judgemental. 2. Make decisions based on facts. 3. Be open minded. 4. Do not spread fake news
 Respect	<ol style="list-style-type: none"> 1. Be kind and respect all those who are different from you despite their age, gender, sexuality, color, caste, religion or class. 2. Don't hurt other people's feelings.

**Activity
Time!**

Against each action or behavior mention the category of the 'Pillar of Character'.

(Note – some actions can be written under more than one pillar.)

Action & behavior	Mention the category of 'Pillar of Character'	Action & behavior	Mention the category of 'Pillar of Character'	Action & behavior	Mention the category of 'Pillar of Character'
Don't forward fake news on social media. Verify from the right source.		Be considerate towards people with special needs.		Don't be judgmental.	
Do not play loud music or make noise in public places or at night.		Speak the truth		Don't threaten, hit or hurt anyone	
Keep your neighborhood clean.		Exercise your voting rights.		Follow the traffic rules	
Volunteer with an NGO		Respect the laws of the country.		Use the golden words (please, thank you, sorry, excuse me).	
Accept the other persons' point of view.		Respect differences in language, culture, religion etc		Forgive others	
Help elderly people/senior citizens		Be determined to complete your job in the right time.		Protect the environment	
Don't blame others or find faults with others.		Don't cheat anyone		Don't speak rudely	

Let's learn about ethics and values

Personal values are your beliefs that are very dear to you. Your personal values decide your day-to-day actions and guide you through your life.

Values define who we are. Personal values differ from person to person. You learn personal values from your culture, childhood, life experiences and other factors.

Steps to choose your personal values

1. Think of things that are most important in your life.
2. Remember the experiences where you felt very happy.
3. Imagine what you would like to hear about yourself from others when you turn 60.
4. Think of things that you admire in others to discover your values.



Activity Time!

Make your personal value tree from the list of values given below

List of values

Achievement	Fun	Making a difference	Resilience
Ambition	Generosity	Motivation	Risk-taking
Caring	Growth	Optimism	Safety
Charity	Happiness	Open-minded	Security
Collaboration	Health	Passion	Self-control
Creativity	Honesty	Perfection	Service
Curiosity	Humor	Performance	Spirituality
Dependability	Individuality	Personal development	Stability
Empathy	Innovation	Popularity	Success
Encouragement	Intelligence	Power	Thankfulness
Enthusiasm	Intuition	Professionalism	Traditionalism
Ethics	Joy	Punctuality	Understanding
Excellence	Kindness	Quality	Wealth
Fairness	Knowledge	Recognition	Well-being
Family	Leadership	Relationships	Wisdom
Friendships	Learning	Reliability	
Flexibility	Love		
Freedom	Loyalty		



What I learnt today:

Put a ✓ if you know this topic well.

1. **Ethics** is to decide what is right and wrong for a human conduct. **Values** are the beliefs that guide or motivate our attitudes or actions. They show how a person thinks, feels and behaves at home, at work and in society. It decides the 'character' of a person.
2. Our ethics and values form the pillars of our character. The six main pillars of character. The pillars of character support us just like pillars support our building and make it strong. This helps us make right decisions.
3. Personal values are your beliefs that are very dear to you. Your personal values decide your day-to-day actions and guide you through your life.

2.2 Our Constitution: Guiding Principles

In this lesson you will learn :

1. Introduction to the Indian constitution
2. Guiding principles of the constitution
3. Rights and duties as an Indian citizen

Republic Day of India is celebrated on 26th of January. Do you know why? Search on the internet (or ask someone) and write here.

Thinking
Box



Let's learn about our Constitution

Like every household, schools or sports has their set of rules similarly, every country has their own set of rules; we call it law.

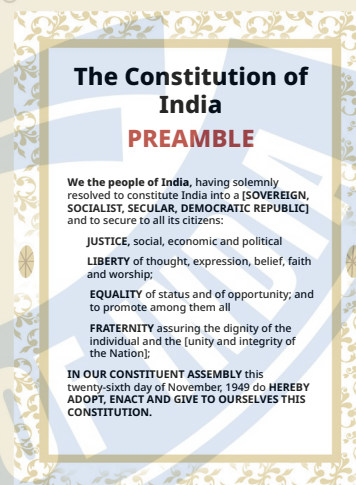
The Constitution of India (Bhartiya Samvidhan) is like a rule book. It is made of laws and rules for the country. It also tells the rights and duties of its citizens. It helps to manage the country in a good and fair way. Did you know?

1. All countries have a Constitution.
2. The Constitution of India is the longest Constitution in the world.
3. Dr. BR Ambedkar was the chairperson of the writing team.

Preamble of the Indian constitution

The Preamble to the Constitution of India is a brief statement about the purpose and principles of the Constitution.

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC** and to secure to all its citizens:



It is a declaration that the people of India have defined themselves as free people (sovereign). That there is social and economic equality in this state and there will be no discrimination based on caste or gender. Everyone has equal rights and opportunities to get jobs and earn their livelihood.

Let's learn about the guiding principles of The Indian Constitution

The guiding principles in our preamble are the characteristics of country, they are:



India is a **SOVEREIGN** country: this means India can make its own decision. Other countries do not make or affect the rules and decisions of India.



India is a **SOCIALIST** country: this means the government should give equal access to resources and opportunities to its citizens from all caste, religion, gender and financial status. The resources can include access to food, healthcare, clean environment and quality education.



India is a **SECULAR** country: this means that people from all religions or no religions are treated equally in our country.



India is a **DEMOCRATIC** country: this means that everyone is allowed to have different opinions and make their own choices. It gives equal respect to everyone's opinions, thoughts and beliefs.



India is a **REPUBLIC**: this means that all the citizens have the freedom to vote for a leader who will represent them. One person, like a King or a Queen, does not hold all the power in a republic.

**Activity
Time!**

Discuss in your group about examples of each principle. Take help from your teacher or search online.

SOVEREIGN

Example: Choosing a Prime Minister or President of India. No other country effects this decision

SOCIALIST

SECULAR

DEMOCRATIC

REPUBLIC

Let's learn about the rights and duties of an Indian citizen

Rights: things that we are morally and legally allowed to do.

- Right to Equality** - Ex: Every citizen in the country is equal before law to each citizen irrespective of religion, language, age, caste, sex and gender.
- Right to freedom** - Ex: Freedom to practise any profession or to carry on any occupation, trade or business
- Right against exploitation** - Ex: Prohibition of employment of children
- Right to freedom of religion** - Ex: Every person is free to practice any religion
- Cultural and Educational Rights** - Ex: The citizens can conserve their culture, language or script
- Right to Constitutional Remedies** - Ex: A person can move to the Supreme court if he/she wants to get their fundamental rights protected.



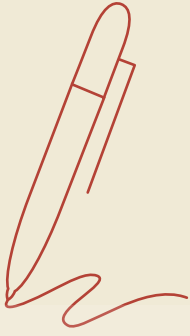
Duties: Duty is a responsibility. You should do it for yourself and others. This makes you a good citizen.

Example: Parking your vehicle in the space given to you and not anywhere you want to, wearing a helmet while riding.

Activity Time!

Read the statement written in the middle of the column. Put arrow $\leftarrow \rightarrow$ to the correct boxes of either Rights and Duties

<p>Rights are the things we expect from our family, community and our country.</p>	Industrial Training Institute Getting quality education	<p>Duties are the things we do for our family, community and our country.</p>
	Paying taxes	
	Getting clean water	
	Marrying anyone of your choice	
	Practice any religion	
	Dropping waste at proper govt. authorized locations only	



What I learnt today:

Put a ✓ if you know this topic well.

1. The Indian constitution is a set of laws and rules for our country which tells about the rights and duties of its citizens and helps the country run in a fair way.
2. There are 5 guiding principles; **SOVEREIGN SOCIALIST SECULAR DEMOCRATIC and REPUBLIC**
3. We as citizens of India have our rights (mentioned in the preamble also) and duties which we should be responsible for.

2.3 Protecting Our Environment

In this lesson you will learn :

1. What is environmental crisis?
2. Need for maintaining a sustainable environment
3. How to develop a green lifestyle



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Industrial Training Institute

Circle the type of pollution you know about

Water pollution

Air pollution

Sound pollution

Thinking
Box

Let's learn about the causes of environmental problems

Have you ever wondered:





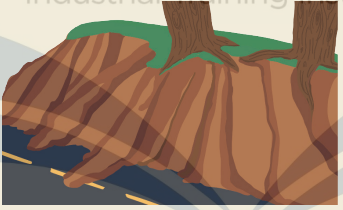
1. What happens to the garbage after it is collected by a garbage truck?
2. Where does the garbage I see in a river or on the beach go?
3. Is there a negative effect of cutting down trees?

The above problems lead to pollution. Pollution is when gases, smoke and chemicals enter the environment in large amounts and make it harmful for plants, animals and humans.

In recent times, these environmental problems of pollution have become very serious. As per scientific studies, the harmful effects cannot be changed. This has led to an environmental crisis.

Let's look at some of the major problems that have caused this environmental crisis.



Environmental problems		Causes
Land Pollution		Solid and liquid waste disposed of in landfills and chemical wastes that pollute the earth's surface.
Air pollution		Exhaust from vehicles and smoke from industries and factories, burning of fuels, etc.
Water pollution		Water gets polluted with paints, plastics and chemicals released from industries and other human activities.
Deforestation		Forests are destroyed by cutting trees for agriculture and housing purposes.
Soil erosion		When dirt or soil washes away by water, wind, and other natural forces.



What are some of the environmental problems in your region?

Pollution has various negative effects on the health of plants, animals, people and the planet. Let's examine the major effects of environmental problems today:

Ozone depletion	The thinning of the ozone layer is due to the release of poisonous gases like CFC's in the atmosphere. This causes severe damage to human health.
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Global warming	Global warming happens when carbon dioxide (greenhouse gas) and other air pollutants collect in the atmosphere. This leads to a rise in earth's temperature
Loss of Biodiversity	Climate change, pollution, hunting of animals and destruction of their shelter results in death of many precious plants and animals
Long-term effects on human health	Humans are at increased risk of many diseases due to pollution - heart, diseases, lung congestion, cancer and lesser life expectancy.
We need to maintain our environment to create a safe life for all living beings on this planet; and for future generations.	



What are the common effects of pollution in your locality?

Let's learn how to develop a green lifestyle

Protecting the environment is our responsibility. How can we adopt an eco-friendly lifestyle in our day-to-day life? Here are some green habits you can adopt to save the planet. In order to make simple changes to live a greener, sustainable life, We must:

	Use bicycles and public transportation.
	Avoid chemical pesticides and fertilisers.
	Save electricity by turning off appliances and lights.
	Reduce the amount of plastic waste.
	Carry reusable cloth/paper bags when shopping.
	Recycle cans, bottles, paper, books, and even utensils.
	Plant trees and encourage others to do so.



What are methods you will follow to adopt a green lifestyle?

**Activity
Time!**

Geeta and Noor are good friends. They decided to grow a vegetable garden behind their houses. They found out that giving fertiliser would help the plants grow better. Geeta collected cow dung from a milkman. Noor went to a nearby shop to buy fertiliser. Both were happy to see vegetables in their garden.

Who do you think followed a more environmentally friendly method? Why?

NCVT



NCVT



What I learnt today:

Put a ✓ if you know this topic well.

1. Pollution has negative effects on the health of plants, animals, people and the planet
2. We need to maintain our environment to create a safe life for everyone
3. We can reduce unnecessary waste by following - reduce, reuse and recycle
4. We can save the planet by adopting green habits like - recycling, planting trees, saving water etc.