

**Activities for Intermediate**

**Unit D (Day 9) –Swasth sharer ke Aayurvedic siddhant**

**Time 10AM -12 Noon- Interpretive, Interpersonal, and Presentational -**

**Activity 1: (review/ warm up).**

- Question-** Aapne apne ghar mein paryavaran kee suraksha ke liye kya banaya hai?
  - Khaali bhoomi par kaun se paid paughe lagaye hain?
  - Roshani aur dhoop aane ke liye kya banaya hai?
  - Dhoop aur Paani se bachane ke liye kya banaya hai?
  - Kya aap apne ghar se raat mein aakash ke tare dekh sakte hai?
  - Taaji hava aane ke liye kya banaya hai?
  - Saurya Oorja se chalane vali kaun kaun si cheeje banaai hain?
  - Rain water harvestin (varsha ke jal ka sanchayan) ke liye kya banaya hai?
- Ab aapka ghar banker rahne ke liye taiyar hai. Bharat mein sabse pahle grih pravesh ki poja karte hain. to chaliye karate hai grih pravesh ki prarthana. Is mantra ko mere saath dohrayiye ya youtube mein suniye . ----  
**Note : Saath mein Shanti Mantra power point mein dikhayen.**
- Is mantra mein kya prarthana ki ja rahi hai ?
- Mantra ka print out bachchon ko den aur batayen ki isme jo shabd pata hain unhe Underline karen aur jo nahin pata unhen Circle karen. (**print out provided separately**).
- pichhali kakshon mein aapne padha hai ki prakriti ki sabhi cheejen panch tatvon se milkar bani hain. Kya aap bata sakte hain ki ve kaun kaun se hain . unme se kin tatvon ka naam is mantra mein liya gaya hai?
- Yin tatvon mein asantulan ya Ashanti se paryavaran mein kya prabhav padta hai?
  - Hava ki kami se kya hota hai?,
  - paani ki kami se kya hota hai?,
  - Hava ya paani ki adhikta se kya hota hai?
  - kam ya adhik tapmaan se kya hota?
- Yinme santulan ke liye kya upay kar saktien hain. Pichhle dinon aapne jo seekha vah bataiye.

इस मंत्र में जो शब्द आपको पता हैं उनके नीचे रेखा खींचिये और जो नहीं पता उन पर गोला लगायिये । (Is mantra mein jo shabd aapko pata hain unhen Underline karen aur jo nahin pata unhen Circle karen.)

## Shanti Mantra

ॐ द्यौः  शान्तिः अन्तरिक्षं  शान्तिः  
पृथिवी  शान्तिः आपः  शान्तिः ओषधयः  शान्तिः ।  
वनस्पतयः  शान्तिः विश्वे  देवाः शान्तिः ब्रह्म  शान्तिः  
सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om dyauh śāntirantarikṣam śāntiḥ  
pṛthivī śāntirāpaḥ śāntiroṣadhayaḥ śāntiḥ  
vanaśpatayaḥ śāntirviśvedevāḥ śāntirbrahma śāntiḥ  
sarvaṁ śāntiḥ śāntireva śāntiḥ sā mā śāntiredhi  
Om śāntiḥ, śāntiḥ, śāntiḥ

**Activity 2:**

**क्षिति जल पावक गगन समीरा, पंच तत्व से बना शरीरा |**

**yah chaupai yad karen, mere saath dohrayen.**

**Question / answer:**

- **Kya aapne kshiti /kshitija, Niraj / Niraja, Agnivesh, Gagan, pawan, Samir ya Samira naam sune hain ?**

**Inme se ladkon aur ladkiyon ke naam pahichane.**

- **Kya aap mein se kisi ka naam Samir hai?**
- **Kshiti ko aur kya kahte hain?**
- **Gagan ko aur kya kahte hain?**

**Activity 3: (Work in group of 3-4 )**

Make the sentences using each of your senses of organ (aankh, naak, Kaan, tvacha aur jeebh) in Hindi and present 3 sentences in front of the class. Each person can say 1 sentence.

**Example of sentence construction--** मैं कान से संगीत सुनता हूँ / Main kaan se sangeet suntan hoon. (I listen the music with my ear.)

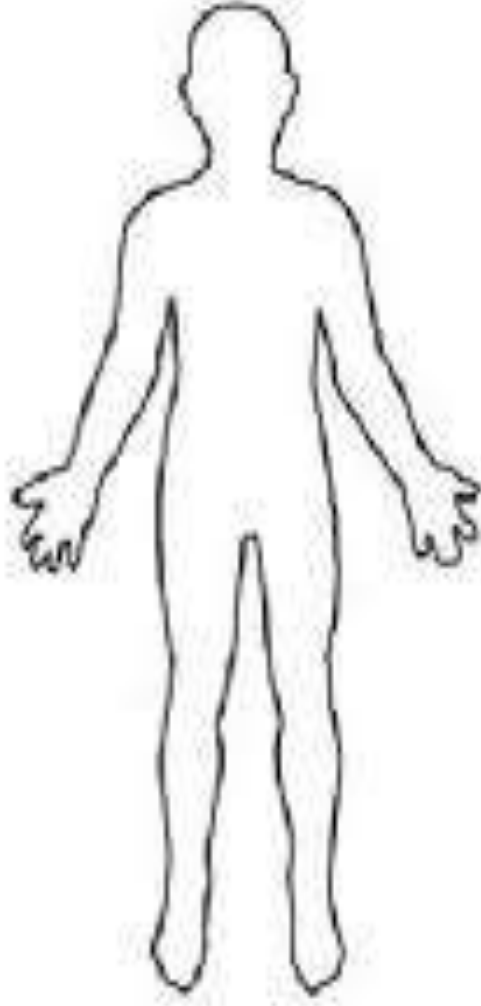
Use these words to help you make sentences-

Paani, Chitra, fool, thanthi hava, gaana, khaana, film, sans

**Interpersonal- show the object or make them hear or feel it and ask the following questions. Students must answer in complete sentence.**

- aap kyaa sun rhe hain? ans----Sangeet
- Aap kyaa dekh rahe hain ? ans----film
- Aap kyaa chakh rahe hain - ans----paanee
- Aap kyaa soongh rahe hain ? ans----fool
- Aap kya mahsoos kar rahe hai ? Ans----thandhi hava

**Activity 4:** मनुष्य के शरीर में वात, पित्त, और कफ कहाँ रहते हैं। वात नीले रंग से, पित्त लाल रंग से, और कफ पीले रंग से दिखाएँ और नाम हिंदी में लिखें। (Manushya ke sharer mein Vaat, Pitta, & Kapha kahan rahte hain. Vaat neele rang se, pitta laal rang se aur kapha peelee rang se dikhayen aur naam hindi mein likhen).



उत्तर पूरे वाक्य में लिखें ---

Example Aakaash (dost) kahaan rahtaa hai? Ans-Aakaash Duluth mein rahtaa hai?

कफ कहाँ रहता है (Kaf kahaan rahtaa hai)? उत्तर / Ans-----

पित्त कहाँ रहता है (Pitta kahaan rahtaa hai)? उत्तर /Ans-----

वात कहाँ रहता है (Vaat kahaan rahtaa hai) ? उत्तर /Ans-----

**Activity 5: Body type quiz**

इस आयुर्वेदि प्रश्नोत्तरी का उत्तर दें :

**१. आपकी त्वचा (skin) कैसी है ?**

- क. मेरी त्वचा शुष्क (dry) है ।
- ख. मेरी त्वचा तैलीय (oily) है ।
- ग. मेरी त्वचा कोमल (soft) है ।

**२. आपकी शारीरिक बनावट (Body composition) कैसी है ?**

- क. मेरी बनावट मध्यम (medium) है और शरीर संतुलित (balanced) है।
- ख. मैं पतला, दुबला और लम्बा हूँ ।
- ग. मेरा शरीर चौड़ा, मजबूत और नाटा है ।

**३. आपकी पाचन-क्रिया (digestion) कैसी है ?**

- क. मेरी पाचन क्रिया धीमी (slow) है ।
- ख. मेरी पाचन क्रिया अच्छी है और मुझे अच्छी भूख लगती है ।
- ग. मेरी पाचन क्रिया अनियमित (irregular) है , कभी भूख लगती है, और कभी एकदम नहीं ।

**४. आपकी याददाश्त (memory) कैसी है ?**

- क. मैं नई चीजे अच्छी तरह से सीख लेता हूँ, लेकिन जल्दी भूल जाता हूँ ।
- ख. मेरी याद दास्त अच्छी है ।
- ग. धीमी, लेकिन एक बार याद होने के बाद हमेशा याद रहता है ।

**५. आपको नींद (Sleep) कैसी आती है ?**

- क. मुझे नींद बहुत आती है ।
- ख. मैं अच्छी तरह से सोता हूँ ।
- ग. मुझे ठीक से नींद नही आती है ।

**६. आपका व्यक्तित्व (personality) कैसा है?**

- क. मैं क्रिएटिव (creative), उत्साही (Enthusiastic), और सक्रिय (active) हूँ ।
- ख. मैं शांत (quiet), धैर्यवान (patience), और दयालु (kind) हूँ ।
- ग. मैं दृढ-प्रतिज्ञ (Firmly - committed) , जिद्दी (stubborn), और गुस्सैल (angry) हूँ ।

**Activity 6:**

**play a game in two teams— the team that gives most correct answers, will be the winner. Answer should be in complete sentence. TA will ask a question to team-1. If answer is correct, team gets a point. If incorrect, then team gets zero point. Ask the same question to team-2. Record the points. Then ask a new question to team-2 and repeat the steps above.**

Maker Sankraanti mein kyaa khaate hain ? — ANS---

Baisakhi mein kyaa khaate hain? —ANS---

Pongal mein kyaa khaate hain? – ANS--

Onam mein kyaa khaate hain? —ANS---

Bihu mein kyaa khaate hain? —ANS---

Pola mein kyaa khaate hain? —ANS---

Chhath pooja mein kyaa khaate hain? —ANS---

chana kis mahine mein nahin khana chahiye? — ANS---

Kartik mahine mein kya nahin khana chhiye? — ANS---

**Note: teachers can make more similar questions.**

**Activity 7:**

**Is kavita mein hindi mahino ke naam par gola lagayiye. Use Hindi calendar and identify the English equivalent month for the Hindi month and write the English name underneath Hindi name.**

चौते गुड़, वैशाखे तेल, जेठ के पंथ, अषाढे बेल।

सावन साग, भादो मही, कुवारं करेला, कार्तिक दही।

अगहन जीरा, पूसै धना, माघै मिश्री, फाल्गुन चना।

जो कोई इतने परिहरै, ता घर बैद पैर नहिं धरै।

सर्वेक्षण (Servey)

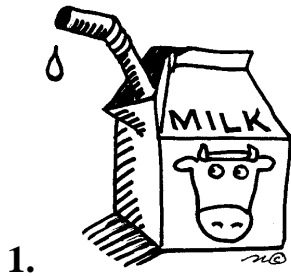
क्या आप इस कहावत का पालन करते हैं? पूरी तरह से, बिल्कुल नहीं, थोड़ा -थोड़ा.

**Do you follow this kahaavat? How well ? Or not follow at all? Somewhat?**

अपना उत्तर यहाँ लिखें----



**Activity 8: विरुद्धाहार (Viruddha ahara) को, रेखा खींचकर एक दूसरे से मिलाईये ।  
Match the Incompatible Food (Viruddha ahara)**



Hot tea



**Activity 9: Role play - Rogi & Vaidya:**

Rogi vaidya ke pass jaata hai. Vaidya usase uske svasthya ke bare mein prashn poochhta hai. Jaanch karta hai, batata hai ki uase kya hua hai, aur usko dava deta hai tatha aayurvedik bhojan khane ki salah deta hai. Ise abhinay karke dikhyen. Include all 6 questions from the body type quiz too.

Udaharan ke tuar par ye prashan poochhe ja sakte hain-----

Aapki tabiyat kaisi hai? ---ans- meri tabiyat kharab hai.

Aapko kya takleef hai? ---ans--mere -pet(stomack) mein dard hai. Kal

aapne kya khaya tha? ---ans---kal maine omlet khaya tha.

Kyaa aapko --andde- se elarjee hai?--ans--Ji haan mujhe andde se allergy hai.

To aapko vaat dosh hai.

Aap do din sirf moong daal ki kichdi khaye. Theek ho jaayega.

Or

भारत में अमेरिका की तुलना में कम लोगों को तीव्र प्रतिक्रिया / एलर्जी (allergy) होती है, क्यों?

अपने विचार व्यक्त करें। (group discussion)

### Activity 10: Play Twister Game:



#### Objective:

Children will review everything according to the concept of the lesson. They will review 5 elements, different foods, colors and body parts. They will also do the exercise and have fun. So basically every thing that is needed for the healthy body.

#### Materials and Preparation: (can be done before the class)

- **Make** Twister mats by cutting out paper circles and taping them to the floor in four equal rows of six. Each row should be a different color of hara, peela, laal & neela, which correspond to different elements & food groups: hara – Jal / (fruits & vegetables), Peela- Prithvi / (paushtic bhojan), Laal – Agni / Masale, Neela – Aakash / Jadi Butiyan. red (whole grains), yellow (healthy fat), blue (fruits),
- **Use spinner** -or make your own by attaching a spinner to a square board.



The spinner is divided into four labeled sections: right foot, left foot, right hand, and left hand. Each of those four sections is then divided into the four colors (red, yellow, blue, and green).

#### How to Play:

1. Divide the class in 2 teams of 5 players.
2. Ask players to pick one parchi out of 5. Parchi's have one of the name inside - prithvi, jal, agni, vaayu aur Aakash.
3. Player Vayu will spin the spiner. Rest will play from the corresponding color Positin. Plyayer Jal will stand in the Hara dot, Plyayer prithvi will stand in the peela dot, Plyayer Agni will stand in the laal dot, Plyayer Aakash will stand in the Neela dot.
4. **4 colors correspond to 4 element & 4 food groups as following-**

Hara-(Jal)-फल और सब्जियां---sev, santara, kela, aaloo, gobhi,

paalak, tamaatar

Peela(Prithvi)-पौष्टिक भोजन -- baadaam, doodh, dahi, chapatti, rajma,

chaval, anda aur meat,

Laal-(Agni)-- मसाले --- Haldi, jeera, Dhaniyan, methi, kaali mirch, laal mirch

Neela-(Aakash)--जड़ी बूटियां ---tulsu, podina, Adarak, harad, Baheda, Aanvla,

5. Depending on the color that is spun, the spinner must give an example of a food in that food group, and then call out the combination (for example: dahina haath, Haldi). The spinner is pointing to red in dahina haath and Haldi is from that group.



6. After listening the call, all the players must move their dahina haath to available laal dot)
7. The player, who can't find the available dot or falls, will be out.
8. The player remaining till end will be winner. We can also limit the game to just 3-4 rounds or until 2 player or remaining on each mat and then they compete in next round.

Time 1 - 2 PM –computer lab Activity:

There are 5 elements in many philosophies and traditions around the world. Find out about them in this website---Write a paragraph about your findings of any 2 philosophies in Hindi and send it to your teacher.

<http://chemistry.about.com/od/historyofchemistry/a/5-Elements.htm>

Or

Find out about Chinese concept of 5 elements in the following website—Write a paragraph about differences between Aayurvedic concept and chinese concept of 5 elements in Hindi and send it to your teacher. You can also show the pictures.

<http://www.chinesefortunecalendar.com/5ebasic.htm>

Time 2 – 2:30 PM- individual help

1. Practice letters, words, & number used through out the day

2. खाली स्थान पर उचित पञ्च तत्व का नाम लिखिए ।

आजकल भारत में बहुत गर्मी पड़ रही है । तापमान ४७ डिग्री सेल्सियस से ऊपर पहुँच गया है । सूरज से जैसे -----बरस रही है । -----सूख रही है । ----- में बादल कहीं नजर नहीं आ रहे हैं । कभी आते भी हैं तो ----- का झोंका उड़ा ले जाता है । ----- के बिना नदी नाले भी सूख गए हैं । भारत के लोगों को मानसून का बेसब्री से इन्तजार है ।

3. इन मुहावरों का अर्थ लिखकर वाक्य में प्रयोग करें ।

आँख का तारा =

कान खड़े होना =

नाक में दम करना =

मुँह में पानी आना =

खाल खींचना =

Time 2:30 – 3:30 PM- Presentational

**Prayog shaala Activities:**

1. Make an Aayurvedic pyramid using the picture of the plants that you planted around your house and write the Aayurvedic benefits of that plant in an index card paste it near the picture on the pyramid

(If time permits then do the following)

2. Create a recipe card for your favorite food. Write the ingredients, quantity and steps for preparation in order. put everyone's recipes in a book and create a recipe book. Recipe book can be rotated by giving each student a turn to look at it and can be displayed in the fair on the last day