

**Activities for Novice****Unit D (Day 9) –Swasth sharer ke Aayurvedic siddhant****Time 10AM -12 Noon- Interpretive, Interpersonal, and Presentational -****Activity 1: (review/ warm up).**

1. **Question-** Aapne apne ghar mein paryavaran kee suraksha ke liye kya banaya hai?

- A. Khaali bhoomi par kaun se paid paughe lagaye hain?
- B. Roshani aur dhoop aane ke liye kya banaya hai?
- C. Dhoop aur Paani se bachane ke liye kya banaya hai?
- D. Kya aap apne ghar se raat mein aakash ke tare dekh sakte hai?
- E. Taaji hava aane ke liye kya banaya hai?
- F. Saurya Oorja se chalane vali kaun kaun si cheeje banaai hain?
- G. Rain water harvestin (varsha ke jal ka sanchayan) ke liye kya banaya hai?

2. 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.**

3. yis mantra mein kya prarthana ki ja rahi hai ?

4. 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**).

5. 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?

6. Yin tatvon mein asantulan ya Ashanti se paryavaran mein kya prabhav padta hai?

- A. Hava ki kami se kya hota hai?,
- B. paani ki kami se kya hota hai?,
- C. Hava ya paani ki adhikta se kya hota hai?
- D. kam ya adhik tapmaan se kya hota?

7. Yinme santulan ke liye kya upay kar saktien hain. Pichhle dinon aapne jo seekha vah bataiye.

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  
 vanaspatayaḥ śāntirviśvedevāḥ śāntirbrahma śāntiḥ  
 sarvaṁ śāntiḥ śāntireva śāntiḥ sā mā śāntiredhi  
 Om śāntiḥ, śāntiḥ, śāntiḥ

**Activity 2: yah chaupai yad karen, mere saath dohrayen.**

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

- **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. Match the 5 senses with the correct subject and then with the correct name of the element.**

भूत - element	विषय- subject	ज्ञानेन्द्रिय- organs of- senses
आकाश – ether 	<b>रस -</b> <b>taste</b>	<b>नाक</b> <b>naak</b>
वायु – air 	<b>रूप -</b> <b>sight</b>	<b>जीभ</b> <b>Jeebh</b>
अग्नि – fire 	<b>गंध -</b> <b>smell</b>	<b>त्वचा</b> <b>Tvacha</b>
जल – water 	<b>शब्द -</b> <b>sound</b>	<b>आँख</b> <b>Aankh</b>
पृथ्वी – earth 	<b>स्पर्श -</b> <b>touch</b>	<b>कान</b> <b>Kaan</b>

**Activity 4: (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.)

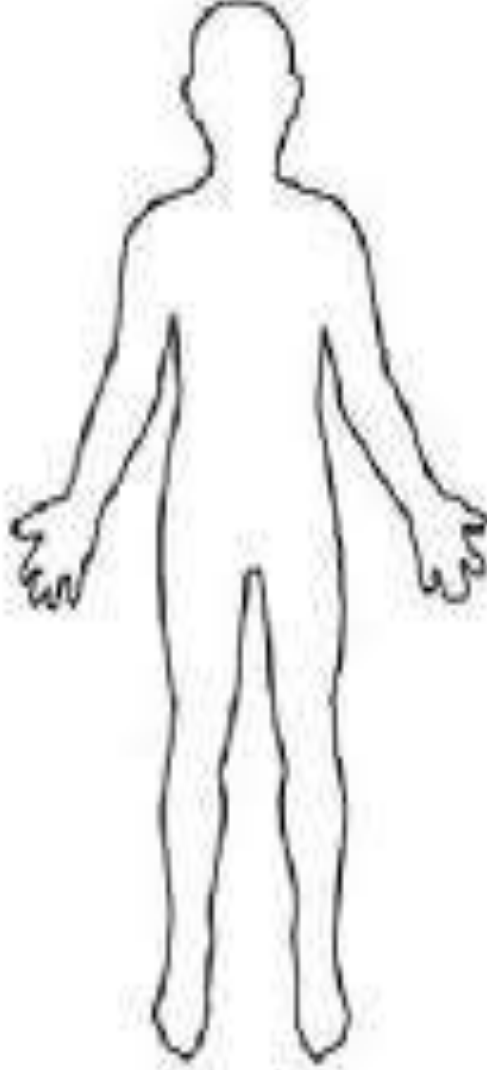
Use these words to help you make sentences-

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

**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 rhe hain - ans---paanee
- Aap kyaa soongh rhe hain ? ans----fool
- Aap kya mahsoos kar rahe hai ? Ans----thandhi hava

**Activity 5:** 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 peele rang se dikhayen aur naam hindi mein likhen).



उत्तर पूरे वाक्य में लिखें (Uttar poore vaky mein likhen) - Answer in complete sentence-----

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 6: play a game in two teams— the team that gives most correct answers, will be the winner. Answer can be in words, phrases, or 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---

**Activity 7: kis mahine mein kya nahin khana chahiye? Yis kahavat ke aadhaar par Jode banayiye. Neeche likhe mahino ke naam ke saath khali jagah par us bhojan ka naam likhen jise us mahine mein nahin khana chahiye.**

आयुर्वेद में पूरे साल के हर महीने में कुछ चीजें नहीं खाना चाहिए।

**पुराने समय की एक कहावत है-**

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

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

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

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

चौते -----	वैशाखे -----	जेठ-----,	अषाढ़े-----
सावन-----	भादो -----,	कुवांर -----	कार्तिक-----
अगहन-----,	पूसै -----,	माघै -----,	फाल्गुन -----

**Activity 8: Match the Incompatible Food (Viruddha ahara)**



Hot tea





**Activiy9: question / answer**

Inme se aap kaun kaun se khel khelate hain?  
 Aapko kaun sa khel sabse achchha lagta hai?  
 Aapka man pasand khel kya hai?  
 Kya aap bike chalate hai?  
 kya aap yoga karte hain ?  
 kya aapko tairaki achchhi lagati hai?

**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 spinner. 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 5 sentences 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 5 sentences 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. kam se kam ek paryayvachi shabd likhen aur vaky mein prayog Karen ( write at least one synonym for each word and make a sentence using it in Hindi).

**आकाश (Aakash) –**

**वायु (Vaayu)–**

**अग्नि (Agni) -**

**जल (Jal) -**

**पृथ्वी (Prithvi) –**

Time 2:30 – 3:30 PM- Presentational

**Prayog shaala Activities:**

1. 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 also do the following.**

2. Make human body with clay – Mix mitti & pani, dry in the fire and color.

3. Make this design, Write the names of 5 element & tri-energies in Hindi, and fill the right color for each element & each energy .

