



# EVERSHINE PUBLISHERS

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# Preface

General Knowledge is an informative, interesting, and intriguing series of eight books for classes 1 to 8. The series is carefully graded keeping in mind the age and corresponding level of understanding of the young readers as per NEP 2020.

The books have been divided into units: **Me and My Skills, Flora and Fauna, Literature and Language, India - My Motherland, World Matters, Fun and Sports, Science and Technology, Miscellaneous** and **Activity Zone**. There is a lot more to engage and excite young minds.

## KEY FEATURES:

- ★ Simple, lucid and understandable language.
- ★ Attractive and child-friendly layout.
- ★ Colourful pictures and illustration to supplement text matter.
- ★ Topics on **health, nutrition, fitness** and **hygiene** of the day.
- ★ Arouse the spirit of **nationalism** at all levels.
- ★ **Life skills** pages to improve moral values in young learners.
- ★ **Wow Facts** are added to bring a smile to the face of the learners.
- ★ **Puzzles, riddles, brain teasers** what the Thinking and Logical Skills of the learners.
- ★ **Activity sheets** to keep the learners busy in classroom and at home.
- ★ **Review sheets** to evaluate the progress of the learners.
- ★ **Current Affairs** (classes 4 to 8) to provide the latest and essential information on national and international events.

We are sure that our fresh approach will benefit the teachers and students alike.

LET KNOWLEDGE GROW FROM MORE TO MORE

-Publishers



## OBJECTIVE OF NEP 2020

The **New Education Policy (NEP)** was released by the Ministry of Human Resource Development on 30 July 2020. The main motto of NEP-2020 is **Educate Encourage Enlighten**.

The main aims of NEP-2020 are to reform school education with equal emphasis on all subjects and development of different skills, arming the teachers with twenty-first-century skills.

The series has specially been designed to fulfil the aims set by **NEP-2020, CBA (Curriculum -Based Assessment), NIPUN BHARAT and SAFAL 2021**.

### CONCEPTUAL LEARNING

Conceptual learning involves students engaged in quality learning experiences based around key concepts and central ideas rather using the more traditional method of focusing on learning on topics.



### CRITICAL THINKING

Critical thinking is the intellectually disciplined process of actively and skillfully conceptualizing, applying, analyzing and evaluating information gathered from, or generated by observation, experience, reflection, reasoning or communication, as a guide to belief and action.



### CREATIVITY

Creativity is the interaction between the learning environment, both physical and social, the attitudes and attributes of both teachers and students and a clear problem-solving process which produces something new, relevant and useful for the society.



### COMMUNICATION SKILLS

Communication skills involve listening and speaking as well as reading and writing. Effective communication helps improve relationships, increase understanding and gather information more accurately and quickly.



### EXPERIMENTAL LEARNING

Experimental learning means learning through action, learning by doing, learning through experience and learning through discovery and exploration. In experimental learning, students cooperate and learn from one another in a more structured way.



### PROBLEM SOLVING

Problem solving is the ability of students to make choices, interpret, and formulate and investigate problem situations, select and use technological functions and communicate solutions effectively.



## MULTIDISCIPLINARY EDUCATION

Multidisciplinary education is a unique educational approach that allows the students to learn and explore distinct subjects and curriculum from various disciplines. There is no limit to learning and multidisciplinary educational approach mentioned in the NEP 2010 is the correct step taken towards promoting the same.



## VOCATIONAL SKILLS



Vocational skills prepare learners to take part in practical activities, outside the classroom. Vocational skills develop practical skills in learners and empower them to become self-reliant.

## ART AND INTEGRATION

Art integrated learning (AIL) is a teaching-learning model which is based on learning 'through the arts' and 'with the arts'. It is a process where art becomes the medium of teaching-learning— a key to understanding any subject.



## SCIENTIFIC TEMPER



Scientific temper is a way of life—an individual and social process of learning, thinking and acting. It uses a scientific method which includes questioning, observing reality, testing, analysing and communicating.

## ENVIRONMENT AND HEALTH

Environment and health focuses on the relationships between people and their environment; promotes human health and well-being; and fosters healthy and safe communities. It's a part of any education policy.



## LIFE SKILLS



Life skills are those abilities that help promote mental well-being and competence in young learners. Life skills provide children with important tools for development, such as independent thinking, how to socialize and make new friends.

## LEADERSHIP SKILLS

Leadership skills enable students to take actions, make strategies and lead through examples. Leadership skills also provide confidence and help students to improve other skills such as communication, problem-solving and collaboration.



## DEMOCRATIC AND HUMAN VALUES



Democratic and human values enable young learners to take decisions autonomously—how to lead, how to tolerate different opinions and to collaborate with and respect the rights of others.

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# 1. Protect Yourself and Your Family from COVID-19

COVID-19 is an infectious disease caused by a new coronavirus SARS-CoV-2. It is spread from person to person mainly through droplets. The droplets can land in the mouth or nose or people who are nearby.



1 Clean surfaces regularly



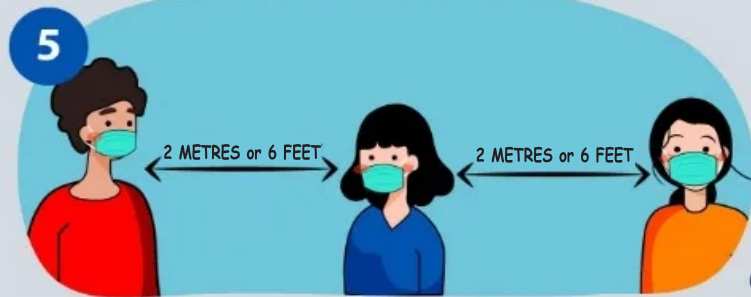
2 Avoid touching your face (mouth, nose, eyes)



3 Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze



4 Wash hands with soap and water for 20 sec or clean you hands with an alcohol-based hand rub regularly



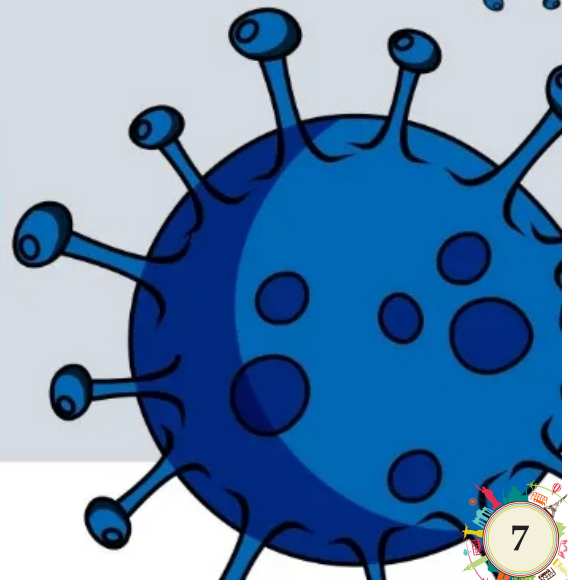
5 Avoid close contact (2 metres or 6 feet)



6 Stay at home, only go out if truly needed



7 Wear mask when you go out





## 2. Reduce, Reuse and Recycle

Following practices will make our planet a safe and beautiful place for all living beings.

REDUCE	REUSE	RECYCLE
 <p>Walk or ride a bike instead of driving</p>	 <p>Use refillable water bottles.</p>	 <p>Recycle plastic containers.</p>
 <p>Use energy efficient bulbs and appliances</p>	 <p>Use re-useable grocery bags.</p>	 <p>Recycle soda cans.</p>
 <p>Turn the water off when brushing your teeth</p>	 <p>Use re-useable lunch boxes.</p>	 <p>Recycle cardboard boxes.</p>
 <p>Compost food to change it into rich soil.</p>	 <p>Use the back side of paper.</p>	 <p>Recycle paper, newspapers and magazines.</p>
 <p>BUY LESS!</p>	 <p>Reuse materials for crafts.</p>	 <p>Compost leaves and yard waste.</p>



## 3. Yoga For Health

'Yoga Asana' is a unique and unparalleled system of physical and mental well-being. It is getting popularity day by day.

**Read the clues and write the names of the following yoga asanas.**

1



This asana improves digestion. It is considered the best among all asanas.

\_\_\_\_\_

2



This asana destroys all ill elements. It is the most popular asana among the young practitioners.

\_\_\_\_\_

3



This asana is good for the brain and glands in the head. It also brings smoothness to the face.

\_\_\_\_\_

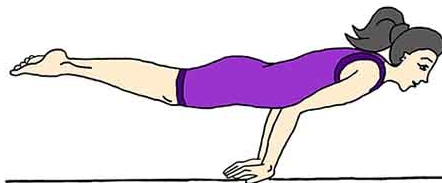
4



This asana is good for the spinal cord. It also improves digestive and arm muscles.

\_\_\_\_\_

5



This asana removes poisons from the body, and keeps the body fit. It also makes the body slim.

\_\_\_\_\_

6



This asana strengthens spinal nerves and corrects many defects of the spine..

\_\_\_\_\_

### Hint Box

Mayurasana Bhujangasana  
Shirshasana Padmasana  
Trikonasana Siddhasana



### Wow Fact

21st June is celebrated as International Day of Yoga.  
The theme of International Day of Yoga 22 focussed on how yoga helps to cure Covid-19.



## 4. Community Safety Signs and Symbols

Safety signs and symbols are crucial in any work place. The primary importance of these signs and symbols is to prevent accidents and make people aware of the possible dangers and hazards ahead in certain situations and environments.

Learn the meanings of the following commonly used community safety signs and symbols.



### List of Emergency Government Contact Number

Emergency Helpline	Contact Details
1. National helpline no.	112
2. Police	100
3. Fire	101
4. Ambulance	102
5. Disaster Management series	108
6. Women Helpline	1091
7. Child Abuse Hotline	1098
8. LPG Leak Helpline	1906
9. Kissan Call Centre	1551
10. Railway Accident Emergency	1072
11. Road Accident Emergency	1073
12. Senior Citizen Helpline	1091/ 1291
13. Earthquake/Flood/Disaster	011-24363268
14. Tourist Helpline	1363
15. Electricity Complaint	155333
16. Water Supply	155313
17. Railway Enquiry	131/135
18. Crime Stopper	1090
19. Traffic Help	1073
20. Corona Virus	1075/ 011-23978046
(Covid-19 Helpline)	+91-11-23978046
<a href="http://www.mohfw.gov.in">http://www.mohfw.gov.in</a>	