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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. COVID-19 Safety Precautions

A SMART SCHOOL LIFE

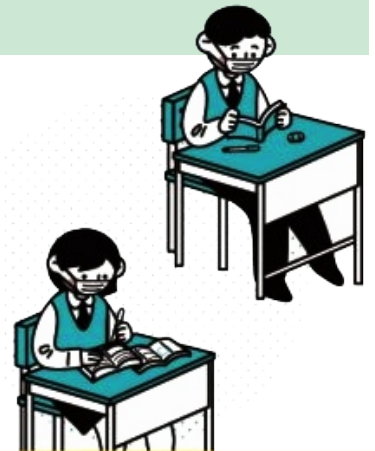


Open windows often to let fresh air in and clean your desk regularly.

- * Occasionally open the windows for your health and that of your friends. Especially, do so right after arriving at school and during break, lunchtime, and clean-up time!
- * Clean your own desk regularly.

This is how your school life should be :

- * Always wear a mask during classes and breaks.
- * Wash your hands often.
- * When coughing or sneezing cover your mouth and nose with your sleeve.
- * Avoid physical contact, such as holding.
- * Do not let others use your personal belongings.



Be considerate to your friends during lunchtime.

- * In the school cafeteria, line up at double arm's length apart from each other.
- * Do no talk while eating.
- * Table off your face mask right before eating your meal and put it back on immediately after.

If you are feeling ill, tell your teacher.

- * If you have fever, sore throat, cough, or runny nose, tell your teacher right away.
- * If your friend becomes a confirmed case, do not panic; just follow your teacher's instructions.





2. Save Earth (Ten Easy Ways)

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



1. USE FLUORESCENT BULBS

You can save energy and money, too



2. TURN OFF YOUR COMPUTER AT NIGHT

Save 40 watts a day.



3. RECYCLE

You'll help reduce pollution.



4. GO VEGETARIAN

It takes more water to produce one kilogram of meat.



5. USE LESS TISSUES (Papers)

Or use half—do you really need one whole piece?



6. USE BOTH SIDES OF PAPER

Set your printer's default option to print double-side.



7. TAKE THE STAIRS

Skip the lift as much as possible. Walking up stairs just 2 minutes per day helps prevent weight gain.



8. BE CREATIVE AND REUSE

Things like bags, bows and paper can be turned into a present or something useful.



9. TAKE SHORTER SHOWERS

You'll save water and electricity on heating.

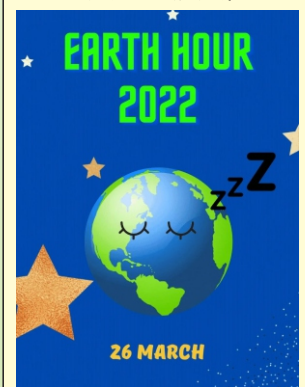


10. SWITCH OFF THE LIGHT.

Not just for Earth Hour but whenever you don't need it.

EARTH HOUR

Earth Hour is a world-wide movement organised by the World Wildlife Fund. It is held annually to encourage people to turn off electric lights for one hour - from 8.00 to 9.00 p.m. on the last Saturday of March, as a symbol of commitment to the earth.





3. Yoga For Better Health

Yogasanas primarily work to lubricate the muscles, joints, ligaments and other parts of the body. This helps to increase blood circulation and flexibility. Practising daily asanas can boost up energy and also improves health.

Read the benefits of the following asanas and write the names of the asanas in the blanks spaces.



1

It is the best asana to reduce anxiety, stress and mental tiredness. It corrects the body posture and stretches the chest and spine.



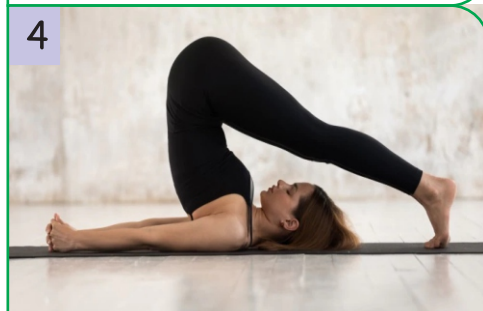
2

This asana stretches the abdominal muscles, improves digestion and reduces belly fat. It is good to improve the efficacy of abdominal muscles.



3

This asana stretches the entire body. It helps in weight loss and boosts digestion and blood circulation. It also makes the back flexible.



4

This asana is one of the best asanas to tackle obesity. It can cure indigestion, constipation and neck arthritis stiffness.



5

This asana, known as 'the king of the asanas' has remarkable benefits - improves blood circulation, boosts respiration and improves memory..



6

This asana strengthens muscles and lowers the chances of kidney and bone diseases. It also reduces depression and mental anxiety.

Hint Box

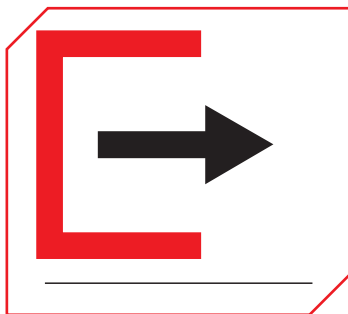
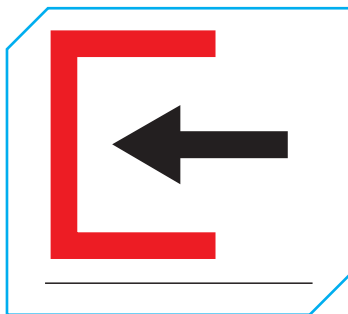
Halasana Naukasana Sukhasana Dhanurasana Sarvangasana Shirasanana



4. Signs and Symbols That Speak

Signs and symbols facilitate understanding of the world in which we live. People use signs and symbols not only to make sense of the world around them, but also to identify and cooperate in society through a common language.

Given below are some signs and symbols generally seen in public places. Do you know what they stand for? Write in the spaces given.



Hint Box

- | | | | |
|----------------|--------------|-----------------------|------------------|
| First aid | No smoking | Way in/entrance | Dogs not allowed |
| Danger | Toilet-women | Drinking water | Way out/exit |
| Public library | Restaurant | Turn mobile phone off | Toilet-men |